

1 and malpractice committed by Coale during Coale's past treatment of client A. But respondent  
2 was *not* to provide A any treatment or therapy to Client A. The written contract, signed by person  
3 A, specifically states "this is a consultation and not psychotherapy;" that "because the focus of  
4 consultation is not the treatment of a problem," it is unlikely that insurance will pay for it; and that  
5 "if you [person A] do violence to or harass myself, the office, or my family, I reserve the right to  
6 terminate our relationship unilaterally and immediately." It is admitted that at the time the  
7 consultation contract was entered into by Client A, A resided in Georgia.

9  
10 1.3 Admitted that the language of the contract uses the word "consultation" to describe  
11 respondent's relationship with Client A. Denied that as a part of this consultation relationship that  
12 respondent provided counseling and guidance to Client A on a regular basis. Denied that  
13 respondent encouraged Client A to discuss her personal problems with her, or that she assisted  
14 Client A in working those problems. However, Client A repeatedly *demand*ed that respondent  
15 listen to her talk about her personal problems, and A was verbally abusive when respondent  
16 repeatedly refused to listen to such talk. Respondent repeatedly explained that A was not her  
17 therapy client and therefore there was no reason for A to discuss her personal problems with her.  
18 Client A repeatedly agreed that she was not respondent's therapy client, and was enraged at the  
19 mere suggestion that she was acting like a therapy client, she vociferously stated that she did not  
20 want to be in therapy with respondent, or with anyone else, and said that respondent was harming  
21 her by suggesting that she should get into therapy with someone else. Therefore, although  
22 respondent was sometimes forced to endure listening to A scream at her about her personal  
23 problems, this was unwelcome to and unsolicited by respondent.  
24  
25

ANSWER TO STATEMENT OF  
CHARGES AND REQUEST FOR  
SETTLEMENT AND HEARING - 3

BRO032 0001 bh024201 8/8/00

**CARNEY  
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SMITH &  
SPELLMAN**

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1 When respondent first met Client A, A was in therapy with Georgia psychologist Dr.  
2 George Taylor. When A quit going to therapy with Taylor, somewhere around the end of 1995,  
3 respondent encouraged her to get therapy from someone else, and over time gave A the names of  
4 two other therapists. The first therapist, Dr. Anna Williams, was located in Athens, Georgia. A  
5 saw Williams on one occasion, and then refused to see her anymore. A expressed reluctance to  
6 see any therapist whom she had to pay, because it was – according to A – too humiliating to pay  
7 anyone for therapy services. Later, after A had moved to Washington, respondent referred her to  
8 Ms. Flora Ostrow, M.Ed. A saw Ostrow once with A's partner for couples counseling, and then  
9 refused to see her again. (She also demanded that Ostrow refund the fee that A had paid her.)  
10

11  
12 1.4 The allegations of this paragraph are denied. It is admitted that after learning that  
13 Client A had *falsely* told a number of people (1) that respondent was her therapist; and (2) that  
14 respondent had begun to overcharge her; respondent telephoned A in Georgia and told her that she  
15 knew that A was telling people lies about respondent. Respondent reiterated that she was not A's  
16 therapist, and would not agree to be A's therapist, and again encouraged her to get into therapy  
17 with someone. Respondent did not terminate her forensic consultation relationship with A at this  
18 time. However, during the phone conversation A hung up on respondent, and respondent did not  
19 hear from A again for several months. During this period of time respondent did not initiate any  
20 contact with A during this period, and A did not contact her or request any consultation services  
21 regarding her complaint against social worker Coale. Thus respondent did not terminate A as a  
22 consultation client. But A stopped consulting with respondent for this time period.  
23  
24  
25

1           1.5     Denied. Since respondent never was "Client A's psychologist" it was not possible  
2 to "resume" such a role. Nor did respondent agree to become A's treating psychologist for the  
3 first time in the fall of 1996.  
4

5           It is admitted, however, that in the fall of 1996 A contacted respondent by telephone. A  
6 told respondent that she was having difficulty finding an attorney in Georgia who would agree to  
7 represent her in a lawsuit against social worker Coale, and that the statute of limitations for a suit  
8 against Coale would expire in the near future. During this phone conversation A accused  
9 respondent of "abandoning her." As noted above, respondent never "abandoned" A as a forensics  
10 consultation client. A requested that respondent "make it up" to her by agreeing to engage in a  
11 professional research project with her. Respondent agreed to some research with A, and further  
12 agreed that A would be the lead author of any research paper that they might publish.  
13

14           1.6     Denied that respondent developed a personal social relationship with Client A after  
15 Client A moved to Washington State. Denied that respondent shared her personal problems with  
16 A. Denied that respondent asked A for advice, or used A for her own therapeutic needs. It is true,  
17 however, that A wanted to have a social relationship with respondent, and that A got angry when  
18 respondent refused to socialize with her or meet her outside their professional consultation  
19 relationship. A consistently demanded that respondent confide in her and rely upon her for  
20 therapeutic assistance, and respondent consistently refused.  
21

22           1.7     Admitted that respondent began a professional research project relationship with A.  
23 (It is further noted that by statute professional research is explicitly exempted from the statutory  
24 definition of the term "practice of psychology," and thus the Examining Board has absolutely no  
25

1 jurisdiction to take any action based on alleged misconduct committed in the course of a research  
2 project relationship.)

3  
4 1.8 Admitted that respondent suggested she move to Washington State, and made  
5 several specific suggestions of places inside Washington, including Port Townsend..

6 1.9 Admitted.

7 1.10 Admitted that Client B began raising this issue, but she began doing this as early as  
8 July of 1997.

9  
10 1.11 Denied. Client B insisted that respondent should confide in her and should rely on  
11 B for therapeutic assistance, and when respondent consistently refused, B expressed feeling hurt  
12 and insulted by this refusal.

13 1.12 Denied.

14 1.13 Denied.

15 1.14 Admitted that respondent eventually terminated all contact with A in June of 1998,  
16 but denied that this termination was "abrupt".  
17

18 Towards the end of 1997 and in early 1998 Client B became very depressed and suicidal,  
19 and respondent devoted a lot of time and attention to Client B, because she was concerned for B's  
20 health and safety. A became quite angry that respondent was giving so much attention to Client  
21 B. In an e-mail message (a copy of which I provided to the Board over a year ago) A said the  
22 following to me about her willingness to harm therapists who don't do what she wants:  
23

24 There's NOTHING to say to that except it is just plain STUPID. OBVIOUSLY I  
25 am dangerous. I HAVE PUSHED THERAPISTS WHO GOT IN MY WAY OUT  
OF THE WAY AND I HAVE PUT MY HAND THROUGH WALLS AND IT

ANSWER TO STATEMENT OF  
CHARGES AND REQUEST FOR  
SETTLEMENT AND HEARING - 6

BRO032 0001 bh024201 8/8/00

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1 WOULD BE EASY FOR ME TO TRASH SOMEBODY'S office if the stakes  
2 were high enough.

3 E-mail of 12/9/97 from A to respondent.

4 At the end of January respondent flew to Georgia to give a speech to the Georgia  
5 Psychological Association. The GPA meeting was being held in the same small town where  
6 Helen Coale's cabin was located (Coale being A's former Georgia therapist) and this angered A  
7 as well. A felt conflicted towards Georgia and the Georgia Psychological Association. While  
8 respondent was in Georgia on that trip, A sent respondent some highly abusive e-mail, including  
9 this one (which respondent previously provided to the Board over a year ago):  
10

11 Hatred hatrd [sic] that [sic] wants to hurt you physically, hatred that wants you to  
12 feel what you have made me feel hatred that wants to smash your face into the wall  
13 so you will get an idea what you have done and still you wouldn't ebcause [sic]  
14 you hae [sic] not been in my position, because you are not capable of anything but  
15 defending yourself as if you are holy you Jewish cunt it will not matter what  
16 happens if I die . . .

17 Email of 1/29/98 from A to respondent.

18 In another e-mail sent on January 30, 1998 A specifically acknowledges that she is *not* one  
19 of respondent's clients, when she wrote that if she were respondent's client, she would insist that  
20 respondent stop treating client B, because B had harmed A so much. The message concludes with  
21 an implicit death threat:

22 **IF I WWERE [sic] THE CLINET [sic], I WOULD INSIST YOU STOP THE**  
23 **RELATIONSHIP WITH HER, BECAUSE IT HAS HARMED ME, THROUGH**  
24 **YOU, AND YOU THROUGH IT, SO HORRIBLY. A WORSDE NIGHTMARE**  
25 **THAN HELEN.**

**HIT HIT HIT DEATH DEATH DEATH.**

ANSWER TO STATEMENT OF  
CHARGES AND REQUEST FOR  
SETTLEMENT AND HEARING - 7

BRO032 0001 bh024201 8/8/00

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1 Email of 1/30/98 from A to respondent.

2 Respondent consulted with two professionals in Georgia who knew A, and they both  
3 warned respondent that A was dangerous. (A had already said so herself, in her e-mail of  
4 12/9/97.) About a week and a half after her return from Georgia, respondent advised A that she  
5 was going to limit her contact with A, for a period of time, to e-mail only. This made A even  
6 angrier.  
7

8 A complained to Client B that respondent was no longer willing to be A's friend, and  
9 enlisted B's support in a campaign to convince respondent to remain friends with A. At B's  
10 request, respondent made an attempt to stay in contact with A, and resumed contact with her  
11 briefly, but A continued to periodically send her aggressive, hateful, and violent messages.  
12 Finally, in June of 1998, on the advice of her own therapist and several consultants, respondent  
13 decided she could have no further contact with A whatsoever. In sum, while respondent did  
14 terminate all contact with A in June of 1998, it is not accurate to characterize such termination as  
15 "abrupt," and it was not termination of a therapy relationship because no such relationship ever  
16 existed.  
17

18  
19 1.15 Denied that she abruptly terminated all contact with Client B. Client B terminated  
20 her therapy with respondent by sending respondent an e-mail saying she was ending her therapy,  
21 and B expressly forbid respondent to have any further contact with her. In reply, respondent sent  
22 Client B a letter (a copy of which has previously been provided to the Board) setting forth three  
23 options, one of which was to continue to provide treatment to B. Denied that she did not offer to  
24  
25

ANSWER TO STATEMENT OF  
CHARGES AND REQUEST FOR  
SETTLEMENT AND HEARING - 8

BRO032 0001 bh024201 8/8/00

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1 help B find a new therapist. She expressly offered to help her find a new therapist if B decided  
2 that she wanted a new therapist.

3 1.16 Denied.

4 1.17. Admitted.

5 2.1. Denied. As set forth below, in ¶¶ 3.1- 3.4, legally, since the services provided to A  
6 are not part of the practice of psychology, and since A was never a patient, the alleged violations  
7 pertaining to A do not legally provide any basis for disciplinary action. Further, as set forth  
8 above, the factual allegations made with respect to A are incorrect and erroneous in several  
9 respects, and thus even if the Board legally had the power to address respondent's conduct during  
10 her contact with A, there still would not be a factual basis for disciplinary action. Finally,  
11 factually, the factual allegations that respondent abruptly terminated her contact with Client B and  
12 did not offer to find B a new therapist, are also erroneous, and thus they do not furnish grounds for  
13 disciplinary action or sanctions.  
14  
15  
16

17 It is admitted, however, that the failure to maintain adequate records of the professional  
18 services provided to client B does constitute grounds for a finding of minor misconduct (level III)  
19 which could justify the imposition of minor sanctions.

20 2.2 Denied.

21 2.3 Denied.

22 2.4 Denied.

23 2.5 Denied as to the allegations of ¶ 1.16. As to the allegations of :p 1.17, admitted  
24 that the failure to maintain adequate records of the professional services rendered to Client B  
25

ANSWER TO STATEMENT OF  
CHARGES AND REQUEST FOR  
SETTLEMENT AND HEARING - 9  
BRO032 0001 bh024201 8/8/00

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1 constitutes unprofessional conduct in violation of RCW 18.130.180 subsection (7) and WAC 246-  
2 924-354, and denied that it constitutes unprofessional conduct in violation of RCW 18.130.180  
3 subsection (4).  
4

5  
6 IV.

7 **CHALLENGE TO THE BOARD'S POWER TO IMPOSE**  
8 **DISCIPLINE OR SANCTIONS FOR ANYTHING HAVING**  
9 **TO DO WITH RESPONDENT'S CONDUCT TOWARDS**  
10 **"CLIENT A," A FORENSIC CONSULTATION CLIENT**  
11 **WITH WHOM THERE NEVER WAS ANY AGREEMENT**  
12 **TO PROVIDE THERAPY OR TREATMENT, AND TO**  
13 **WHOM RESPONDENT ONLY AGREED TO PROVIDE**  
14 **EXPERT ADVICE IN A LEGAL PROCEEDING AGAINST A**  
15 **GEORGIA THERAPIST REGARDING THE PAST**  
16 **CONDUCT OF THE GEORGIA THERAPIST.**

17 Furthermore, by way of defense to the allegations made by the Department of Health,  
18 respondent further alleges:

19 3.1 The services provided to Client A by respondent do not fall within the scope of the  
20 statutory definition of the "practice of psychology" as that term is defined by RCW 18.83.010(1).  
21 Providing forensic advice to a person contemplating making a legal complaint against a former  
22 therapist is not the equivalent of applying psychological principles "for the purposes of preventing  
23 or eliminating symptomatic or maladaptive behavior and promoting mental health and behavioral  
24 health," as stated in RCW 18.83.010.

25 3.2 RCW 18.83.020 declares that for the purpose of safeguarding the people of the  
State of Washington from the dangers of "*unqualified and improper practice of psychology*," it is

ANSWER TO STATEMENT OF  
CHARGES AND REQUEST FOR  
SETTLEMENT AND HEARING - 10

BRO032 0001 bh024201 8/8/00

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1 unlawful for any person to whom this chapter applies to represent himself or herself to be a  
2 psychologist without first obtaining a license. However, since forensic consultation regarding  
3 legal actions against other psychologists does not fall within the scope of the term "practice of  
4 psychology," the licensing requirement of RCW 18.83.020 is inapplicable to persons who hold  
5 themselves out to be forensic psychologists who offer consultation and evaluation of the  
6 performance of other psychologists.  
7

8           3.3     The statutory power of Examining Board of Psychology to take disciplinary action  
9 in the form of revocation or suspension of a license to practice psychology, based upon an alleged  
10 act of "incompetence, negligence, or malpractice which results in injury to a patient, or which  
11 creates an unreasonable risk that a patient may be harmed" (contrary to RCW 18.130.180(4)) has  
12 no application to respondent Brown's conduct toward Client A for two reasons: (1) Client A was  
13 not a "patient" of respondent's; and (2) Respondent was not engaged in "the practice of  
14 psychology" when she provided consultative advice to Client A about Client A's complaints of  
15 misconduct against her prior therapist.  
16  
17

18           3.4     Accordingly, the Examining Board of Psychology is without jurisdiction to make  
19 or determine the merits of the allegations regarding unprofessional conduct towards Client A, and  
20 those allegations should be summarily dismissed since the Board has no power to bring charges  
21 based upon such conduct.  
22  
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## V. ATTACHED MATERIALS

Respondent has attached a copy of the April 12, 1999 letter she previously provided to investigator Reed employed by the Department of Health. That letter was written in response to notice of a complaint that Client B was making a complaint against respondent. That notice did not suggest that Client A was making a complaint against respondent, and did not even remotely suggest that respondent had engaged in any misconduct vis-à-vis Client A. In respondent's letter, however, she noted that it was clear to her that Client A had at least assisted in the drafting of Client B's complaint, and that the tone and content of the complaint letter ostensibly from Client B was similar to the content of complaints that A had made in the past against other therapists.

For the first time, in the Statement of Charges, respondent is now accused of unprofessional conduct based on her relationship with Client A. Respondent was never previously notified that charges based on her conduct towards A was under investigation. The charges based on alleged misconduct involving A are seemingly based on a misunderstanding of the fact that A was *never* a client for purposes of therapy or treatment. These charges also seem to fail to recognize that although A demanded that respondent provide such services, respondent always refused to do so. Eventually respondent refused to have any contact whatsoever with A, because A was consistently abusive, aggressive and threatening towards respondent, and respondent could not put up with A's harassment and threats any longer. The Board should recognize that at least in part, A's motive for helping B to draft a complaint against respondent, was to retaliate against respondent for her refusal to provide therapy services to A. The contention that respondent "abandoned" A completely misses the point that respondent never agreed to

ANSWER TO STATEMENT OF  
CHARGES AND REQUEST FOR  
SETTLEMENT AND HEARING - 12

BRO032 0001 bh024201 8/8/00

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1 provide treatment to A in the first place. While it is true that respondent ultimately discontinued  
2 her forensic consultation arrangement and stopped assisting A with her professional misconduct  
3 complaint against Dr. Coale, it is also true that respondent was ethically required to do that, since  
4 by that time she had come to the conclusion that A's complaint against Helen Coale was not well  
5 founded. Respondent's now believes that A's complaint against Dr. Coale to be the product of a  
6 vindictive spirit that wishes to hurt people who have refused to give A whatever A wants, and part  
7 of a now well documented pattern of behavior in which A attaches herself to, and then is abusive  
8 towards, other mental health professionals.  
9  
10

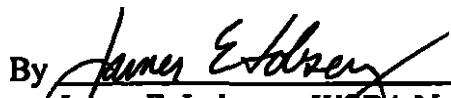
11 Respondent has also attached to this Answer a copy of the Consultation Contract that I  
12 entered into with A, and which A signed. My attorney Mr. Lobsenz previously provided as copy  
13 of this Contract to the Board's investigator on March 8, 2000 when he submitted a package of  
14 materials to Mr. Gary Reed.  
15

16 DATED this 8<sup>th</sup> day of August, 2000.

17  
18   
19 LAURA S. BROWN, Ph.D.

20 Respondent

CARNEY BADLEY SMITH & SPELLMAN, P.S.

21  
22 By   
23 James E. Lobsenz, WSBA No. 8787  
24 Attorney for Respondent  
25

ANSWER TO STATEMENT OF  
CHARGES AND REQUEST FOR  
SETTLEMENT AND HEARING - 13

BRO032 0001 bh024201 8/8/00

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COPY

STATE OF WASHINGTON  
DEPARTMENT OF HEALTH  
EXAMINING BOARD OF PSYCHOLOGY

FILED

AUG 08 2000

Adjudicative Clerk  
Office

In the Matter of the License to Practice as  
a Psychologist of:

NO. 99-12-A-1016PY

LAURA S. BROWN, Ph.D.,  
License No. PY00000615,

NOTICE OF APPEARANCE

Respondent,

TO: Adjudicative Clerk Office

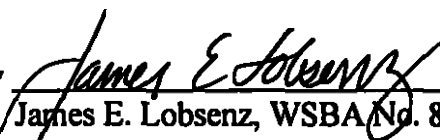
AND TO: Margaret J. Gilbert, Staff Attorney, Department of Health

AND TO: Kim O'Neal, Assistant Attorney General

YOU AND EACH OF YOU will please take notice that the respondent, Laura S. Brown, Ph.D., hereby appears in the above-entitled action and requests that all further papers and pleadings, except original process, be served upon the undersigned attorney at the address below stated.

DATED: August 8, 2000.

CARNEY BADLEY SMITH & SPELLMAN, P.S.

By   
James E. Lobsenz, WSBA No. 8787  
Attorney for Respondent

NOTICE OF APPEARANCE- 1

CARNEY  
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AUG 08 2000

Adjudicative Clerk  
Office

STATE OF WASHINGTON  
DEPARTMENT OF HEALTH  
EXAMINING BOARD OF PSYCHOLOGY

In the Matter of the License to Practice as  
a Psychologist of:

LAURA S. BROWN, Ph.D.,  
License No. PY00000615,

Respondent,

NO. 99-12-A-1016PY

CERTIFICATE OF SERVICE

The undersigned, under penalty of perjury, hereby declares as follows:

1. I am a citizen of the United States and over the age of 18 years and am not a party to the within cause.

2. I am employed by the law firm of Carney Badley Smith & Spellman, P.S.. My business and mailing addresses are both 701 Fifth Avenue, Suite 2200, Seattle, Washington 98104.

3. On August 8, 2000, I served by Legal Messenger or U.S. Mail, one copy of the following documents on:

Margaret J. Gilbert  
Staff Attorney  
Department of Health  
1300 SE Quince Street  
Olympia WA 98504  
(Via Messenger)

Kim O'Neal  
Assistant Attorney General  
PO Box 40110  
Olympia WA 98504-0110  
(Via U.S. Mail)

CERTIFICATE OF SERVICE- 1

CARNEY  
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SMITH &  
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TEL (206) 622-8020

1  
2 Entitled exactly:

3 ANSWER TO STATEMENT OF CHARGES AND REQUEST FOR SETTLEMENT  
4 AND HEARING

5 NOTICE OF APPEARANCE

6   
7 DEBORAH A. GROTH

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CERTIFICATE OF SERVICE- 2

BRO032 0001 bh082402 8/8/00

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CARNEY  
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James E. Lobsenz

Email: Lobsenz@Carneylaw.com

April 12, 1999

Mr. Gary Reed  
Supervising Investigator  
Department of Health  
Investigative Services Unit  
P.O. Box 47874  
Olympia, WA 98504-7874

Re: Response to the Complaint of 2 - Name - Whistleblow...  
Your File No. 98-10-0004PY

Dear Mr. Reed:

A. Introduction

If the accusations in this complaint were accurate, there would reasonable cause for concern about my safety to practice. However, although a few of the factual statements framing this complaint are accurate, the general thrust of the accusations against me are false, or at most represent gross distortions of what occurred.

Most importantly, what is missing from this complaint is the context, and certain facts about the behavior of a third party, Dr. 1 - Mental health information, Adults..., another psychologist. Dr. 1 - Mental health inform... interference has had a profound impact on the course of 2 - Name - Whistleblower Re... therapy. The plain fact is that Dr. 1 - Mental health in... has succeeded in manipulating 2 - Name - Whistleblow... for her own purposes. I do not want to have anything more to do with Dr. 1 - Mental health inf..., and she knows this. But Dr. 1 - Mental health inf... has used 2 - Name - Whistleblow... to attempt to coerce and control me; to try to force me to continue a relationship with her that I have chosen to end because I came to realize that Dr. 1 - Mental health info... is highly abusive of those around her.

2 - Name - Whistleblower... has been manipulated by Dr. 1 - Mental health inf... so that she came to the point of insisting that she would not see me any more for therapy unless I agreed to remain "friends" with Dr. 1 - Mental health inf... I refused to be manipulated in this manner. I put up with an unbelievable amount of abuse from Dr. 1 - Mental health in... for a long period of time before finally concluding that I could no longer maintain any ties to Dr. 1 - Mental health i... I informed 2 - Name - Whistleblower... that although I was not willing to have any more contact with Dr. 1 - Mental health inf... I was more than willing to continue treating 2 - Name - ... I also gave her the names of two other therapists in case she preferred

to see someone else for therapy. I did not abandon her. I simply refused to be friends with one of her friends, Dr. [1 - Mental health in...]. I believe that Dr. [1 - Mental health in...] has done a great deal of damage to [2 - Name - Whistleblower...], and that she has managed to destroy the positive benefits of many years of therapy. [2 - Name - Whistleblower R...] psychological well being has been set back drastically by Dr. [1 - Mental health in...]. The moment that [2 - Name - Whistleblower...] realizes that Dr. [1 - Mental health in...] is a toxic influence upon her life, and decides to rid herself of Dr. [1 - Mental health in...] is the moment that will put [2 - Name ...] back on the road to recovery. I am not responsible for Dr. [1 - Mental health infor...] interference, and I hope that someday soon [2 - Name - Whistleblower...] will come to understand this.

I will now attempt to summarize my responses to [2 - Name - ...] complaint in a manner I hope will be useful to the Board.

### B. True Statements In the Complaint

I did introduce [2 - Name - Whistleblower...] to my colleague and former consultee [1 - Mental health information, Adults ...] Ph.D. ("L." in the complaint). I introduced them to each other because Dr. [1 - Mental health in...] was considering moving to Port Townsend and [2 - Name - Whistleblower...] lived in Port Townsend. I had no intention of fostering any kind of relationship between the two of them. I asked [2 - Name...] if she would mind advising my colleague about the pros and cons of living in Port Townsend, she said no, and so I introduced them. If I had had any idea how disruptive and abusive Dr. [1 - Mental health in...] was going to be, I would never have made this introduction.

I was [2 - Name - Whistleblower R...] therapist from July, 1989 until she removed herself from therapy with me in March, 1998. I treated her for depression arising from her loss of her medical license in 1988, and subsequently for the psychological sequelae of her chronic illness, Chronic Fatigue Immune Deficiency Syndrome. After June, 1997, I also treated her for the problems evoked by the behaviors of Dr. [1 - Mental health in...] toward her.

I used self-disclosure in our work together, consistently and from the beginning of treatment, consonant with my model of psychotherapy, including notifying [2 - Name...], as I would any client of when my emotional availability was affected by my chronic illness, Multiple Chemical Sensitivity or by other physical illness that might make me temporarily less warm or attentive. I continued to use self-disclosure and be transparent about my process during the difficult period from mid-February of 1998 through June of 1998 referred to in the complaint, albeit reluctantly and under pressure from Dr. [1 - Mental health infor...]

I did have a serious falling out with Dr. [1 - Mental health infor...] due to her becoming abusive both of [2 - Name...] and then, when I attempted to protect [2 - Name - ...] of me as well. [2 - Name ...] demanded that I continue to have a relationship with Dr. [1 - Mental health in...] because [2 - Name...] believed that Dr. [1 - Mental health infor...] life depended on my doing so:

1 - Mental ... is continuing to deteriorate and the situation is getting untenable. She feels that you are not doing anything to help her, not trying to do anything to start undoing the damage you've done. And she's GOT to have this, and ASAP. She's dying, Laura. I'm watching her die.

(Attachment 1: E-mail of 2/23/98 from 2 - Name - Whistleblow... to me). 2 - Name ... informed me that "My welfare is riding on your behavior with 1 - Mental he..."

I did attempt to repair my relationship with Dr. 1 - Mental health in... solely out of concern for 2 - Name - Whistleblower R... welfare. I was not able to do this, however. With the assistance of consultation and personal therapy, I became unable to deny that I was being abused by Dr. 1 - Mental health i... This awareness on my part and my subsequent decision to let go of Dr. 1 - Mental health inf... led to an impasse in the therapy with 2 - Name ...

In June 1998, in response to consultations I received, I did set limits on my willingness to discuss my relationship with Dr. 1 - Mental health inf... with 2 - Name... This was a change from my prior openness to allowing 2 - Name... to set the agenda of her work with me. I did express anger to her and was challenging and confrontative of her in my last two email exchanges with her.

In response to consultations I received, I did break off any further communication with Dr. 1 - Mental health in... in June, 1998.

### **C. False Allegations in the Complaint**

#### **1. The Relationship Between Dr. 1 - Mental health infor... and 2 - Name ...**

I did not encourage the relationship between Dr. 1 - Mental health i... and 2 - Name - ... They themselves developed it and already were emotionally close before I knew that this had happened. At that point, I simply tried to be supportive of their relationship as I would in any similar circumstance.

I did not put 2 - Name... between myself and Dr. 1 - Mental health inf... As 2 - Name ... acknowledged in one of her e-mails to me, it was never my desire to get involved in counseling them about their relationship. 2 - Name... was aware that they themselves had placed me in between them, despite my efforts to remain on the sidelines, because they each brought their concerns about the other to me:

I'm sorry to involve you in this stuff . . . I don't think you signed up for couple's counseling.

(Attachment 2: E-mail of 9/5/97 from [2 - Name - Whistleblow...] to me). [2 - Name -...] specifically directed me on numerous occasions to discuss her relationship with Dr. [1 - Mental health info...] in what she believed was a helpful adjunct to her treatment. She had Dr. [1 - Mental health info...] join her as a collateral in sessions. Dr. [1 - Mental health info...] in addition, freely made suggestions, both to me and to [2 - Name -...] about issues that she required [2 - Name -...] to work on in her therapy in order to maintain the friendship with [2 - Name -...]

At least initially [2 - Name -...] seemed to have some awareness that Dr. [1 - Mental health info...] was being abusive to her:

Yesterday, after sending me an email that was angry and venomous that it left me feeling like my innards had been bathed in acid, she [Dr. [1 - Mental health info...] called and made nice and wanted very badly (almost desperately) for me to come over to their house . . . .

(Attachment 2: E-mail of 9/5/97 from [2 - Name -...] to me). Occasionally [2 - Name -...] would express doubts about her relationship with Dr. [1 - Mental health info...] and would apologize for putting me in a position of having to referee between them:

The question that's driving me nuts is: is it too far gone? Is it possible to stop what's wrong in this relationship, back up and do it over right? I'm willing and eager to do this. Don't know about

[1 - Mental health info...]

And you're stuck in the middle. I don't envy you one bit.

(Attachment 3: E-mail of 11/24/97 from [2 - Name -...] to me).

[2 - Name -...] questioned whether her relationship with [1 - Mental he...] was a healthy one, and then criticized me for not protecting her from [1 - Mental health info...]

[1 - Mental he...] is crazy. I mean in some ways she's one of the sanest people I know. But a good bit of the time she's crazy. It's clear that in some of my interactions with her, there's no way that I can emerge unscathed, no matter what I do or say. I'm continually getting blindsided over things no sane person would think twice about. The woman is VERY difficult to be in a relationship with. That's not my stuff. That's her stuff. And her stuff doesn't get along well with my stuff.

\* \* \*



How on earth can this be a healthy relationship for me? I am not allowed to disagree with her. I am supposed to swallow my feelings and listen to her and learn from her. I am supposed to assume that her version of reality is the correct one. . . .

\* \* \*

Why aren't you addressing these things? Why are you ignoring these things? . . .

(Attachment 4: E-mail of 1/18/98 from [2 - Name -...] to me)

When I was clearly neutral and out of the middle, [2 - Name -...] found this unhelpful and became angry, suggesting that I should have told her that [1 - Mental he...] was being abusive to her, but at the same time recognizing that I had alerted her to [1 - Mental heal...] abusive character and that she simply had not wanted to hear it:

Twice I've expressed concern to you about your difficult position between me and [1 - Mental healt...] and have asked if you are feeling pretzeloid trapped between us. . .

Early in my relationship with [1 - Mental he...] when she was having screaming fits at me (during which you say she's switched and she says she's not), and late when she stopped doing that and limited herself to yelling at me . . . *why didn't you tell me that I was in an abusive relationship?* Why did you let me stay in that situation without comment? *Or did you comment and I don't remember?*

I feel like my relationship with [1 - Mental h...] has become increasingly lethal for me over recent weeks and I don't feel like you were intervening enough.

(Attachment 5: E-mail of 2/1/98, from [2 - Name -...] to me)

I was not crazy or impaired in 1998 at any time. I was distressed due to being in an abusive relationship myself with Dr. [1 - Mental health infor...] I sought both peer support for coping with my distress and, eventually, within two months time, psychotherapy. Both my professional peers and my psychotherapist are available to testify to my having been distressed but not impaired.

I did not meet with [2 - Name - Whistleblow...] outside of therapy, except where and when she chose to be present at meetings Dr [1 - Mental health infor...] had with me. I did not invite her to those meetings. Dr. [1 - Mental health infor...] invited her to those meetings. I did not cry and sob in her presence, although my

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eyes may have teared up with emotion from time to time during the many years of our work together. Any information about my personal struggle was shared solely in the context of attempting to resolve the impasse in my relationship to Dr. <sup>1 - Mental health infor...</sup> and was done in email exchanges. I did not lie to or deceive <sup>2 - Name - Whistleblow...</sup>. She has chosen to misinterpret a number of statements I made to her, or to take the viewpoint on my behavior created by Dr. <sup>1 - Mental health infor...</sup>

## **2. There Was No abandonment.**

I did not abandon <sup>2 - Name - Whistleblo...</sup>. Even though she had dropped out of therapy and told me that further communications from me would be perceived as intrusive and coercive, I sent her a letter dated July, 12, 1998, to which she has never responded. In that letter I explained to her that in my view the focus of her therapy had to be on her, and could not be on my relationship with her friend <sup>1 - Mental health information, Adult...</sup>. I outlined three options for her, and gave her the names and phone numbers of other therapists in case she chose to make a change of therapist:

At this point I can offer three options for possibly moving through the impasse:

1. You can continue to work with me as your therapist, with the understanding that the focus of therapy will be on continuing to overcome problems in your life, as it has been in all of our past work together. I understand from our prior communications that this is not likely to occur.
2. You could decide that for the time being, you want to take a break from therapy. Please know that if at some point in the future you would wish to work with me again, I remain open to that possibility as long as I continue in clinical practice.
3. You may wish a referral to another therapist. If so, I would be willing to assist you in that process if you would like and to do what I reasonably can to create a smooth transition. Two people who are close to you geographically, who you might wish to consider if you pick this option, are Jan Pickard, who practices on Whidbey; her number is 360-685-4515, and Mary Wegmann, who practices in Port Angeles; her number is 360-457-1610.

Please know that I am not trying to coerce you back into therapy with me, which is what you have expressed to me is your belief. All of the choices are yours, with one exception; I must exercise my own judgment about the focus of therapy if you choose to continue working with me.

(Attachment 6: Letter of 7/12/98, from me to 2 - Name - Whistleblo... ).

Apparently 2 - Name... claims that she never received this letter. I have three witnesses to my working on the composition of this letter, all of whom consulted with me on the impasse in the therapy with 2 - Name ... and on the content of this letter, and all of whom have expressed the willingness to attest to the work and time I put into it (Drs. Kenneth Pope, Melba Vasquez, and Lynne Bravo Rosewater).

I did not mail the letter certified mail, because of my misplaced concern not to do something that would evoke memories of 2 - Name - W... own prior painful experiences as my client. She had last, to my knowledge, received certified mail when it came from her own medical licensing board with a detailed statement of charges against her and a revocation of her medical license.

During her suicidal crisis in 1998, I was in lengthy phone contact with 2 - Name - Whistleblowe... two or three times daily. I would sometimes call her first thing in the morning when I arose around 5 am, in the middle of the day, and again at the end of the day around 8 or 9 pm. I averaged two hours of contact per day for several weeks, including telephone sessions when I was out of town. I was also in regular email contact during other times in the day. Since 2 - Name... felt unsafe to drive into Seattle, I conducted sessions by phone to accommodate her and assist her in staying safe. She may or may not recall how much contact we had, given her state of altered consciousness and psychosis during that time, but she certainly does not describe the intensity or consistency of my availability to her during this time period in her complaint. This availability was consistent with how I had always been with her, being available by phone and email in her times of need, which were understandably many. Again, her portrayal of me as "available by phone" comes across as mechanical, uncaring, and uninvolved.

### 3. Confidentiality

I did not violate 2 - Name - W... confidentiality to my partner, who is also a therapist and who in the past has provided coverage for me. 2 - Name - Whistleblo... has a long-standing relationship to my partner, who is a social worker. My partner did emergency coverage for my practice on several occasions prior to 1994, when I began to hire other backup coverage. 2 - Name ... consented at that time to the release of information about her care and possible emergent needs to Ms. Vogel, as she has to other professionals who backed up my practice. 2 - Name... also referred a number of friends and her own domestic partner to treatment with Ms. Vogel (her partner did not follow through on this; the friends did). 2 - Name ... did not disclose this prior relationship to Ms. Vogel in her complaint, representing Ms. Vogel as only my domestic partner. Notwithstanding that, I have not violated 2 - Name - ... confidentiality in this matter. I did tell my partner of my reactions to Dr. 1 - Mental health inform... abusive actions toward me and consult with her on dealing with Dr.

1 - Mental health inform...

I have no plans to write a revision of my book, and certainly no plans to utilize any examples from my work with [2 - Name - Whistleblow...] in any future book I might write. When I write about clients, I do so only with their permission and cooperation, even though all details are thoroughly disguised. [2 - Name - ...] was actively involved in and supportive of the two time I wrote about her work with me, once in a journal article and once in my book.

#### 4. Role Reversals

I did not engage in role reversals with [2 - Name - Whistleblow...]. She demanded role reversals from me during the Spring of 1998 as a sign of respect for her perspective. She repeatedly offered her "help" to me so that I could become better able to relate to Dr. [1 - Mental health inf...]. She construed my ambivalence about relating to Dr. [1 - Mental health info...] as a sign of my needing this "help" and was angry when I did not accept it. She then accused me of treating her as a client instead of as a helpful person, ironic in light of her current charges. The episodes she describes and materials she claims I discussed with her were not discussions I had with her. These are topics I discussed with Dr. [1 - Mental health info...] or episodes that occurred with Dr. [1 - Mental health info...].

I did not act to discourage [2 - Name - Whi...] anger at me. In fact, I actively encouraged it throughout the course of treatment, including in the context of this situation (Attachment 7: E-mail reply to 1/23/98 e-mail from [2 - Name - Whistleblow...] to me).

#### 5. Billing for Telephone and Email Consultations

[2 - Name - ...] may have misunderstood or misremembered our conversation about billing. Or she may now be misrepresenting it, given her current stance on me. It is my standard policy to bill for time, beyond 10 minutes per week, spent with a client outside of regular sessions. My standard "Psychotherapy Information Disclosure Statement," a copy of which is given to every client, clearly states:

Emergency phone calls are normally free. However, if we regularly spend more than 10 minutes weekly on the phone, or if you leave regular long phone messages, I will bill you on a prorated basis for time talking on the phone and listening to long messages.

(Attachment 8: Psychotherapy Information Disclosure Statement, at p. 5).

I commonly spent considerable out-of-session time with and for [2 - Name - ...]. Because of her CFIDS, she did not have the energy to attend more than one in-person therapy session weekly, but often would get support from me by phone, and, eventually, by email as well, as she needed. This was particularly true after she moved to Pt. Townsend and had a long drive in.

At the time of her going onto Medicare, [2 - Name ...] expressed concern about how that non face-to-face (but clearly to both of us psychotherapy) time would continue to be paid for, and I reassured her that I would be able to bill for the out-of-session time, which was often considerable, as it accrued by simply billing an additional session as needed. In addition, I never informed her of when my fees went up from the time she began treatment with me. This was because I knew she could not afford them when she was paying out of pocket. My notes from August, 1992 clearly indicate that she was moving to one formal session per week at the same time that we had our discussion of the meaning to her of having sessions paid by Medicare. (Attachment 9: Therapy Notes, Entry for 8/24/92). Having Medicare pay for her therapy was something that felt very shaming to her. She did *not* offer her Medigap information to me, and did *not* nor ask me to bill to her Medigap policy. I offered to bill to it, the last time being in the late fall of 1997.

**D. Dr. [1 - Mental health infor...] Interference With My  
Therapeutic relationship With [2 - Name - ...]**

[2 - Name - Whistleblow...] and Dr. [1 - Mental health infor...] did not limit their relationship to the original intent of information exchange. Had I realized that Dr. [1 - Mental health infor...] would become abusive to my client, I would not have ever made the connection in the first place. I would certainly have actively discouraged them from becoming anything more than two people exchanging information. I would have disregarded [2 - Name - ...] wishes and, deviated from my usual approach to treatment in which I respect clients' autonomy, and actively discouraged her from accepting Dr. [1 - Mental health infor...] feedback and criticisms. I would have more quickly identified and confronted the abusiveness of Dr. [1 - Mental health infor...] treatment of [2 - Name...], even when [2 - Name - ...] herself was not open to this interpretation.

I trusted Dr. [1 - Mental health infor...] not to interfere in [2 - Name - W...] treatment. I did not anticipate she would behave abusively towards [2 - Name ...]. This was misplaced trust. I believed Dr. [1 - Mental health infor...] when she told me that her prior actions toward me that were difficult for me to handle were evidence of her PTSD. I did not allow myself to realize that while Dr. [1 - Mental health infor...] might have been a victim, she was also a persistent abuser with a trail of victims behind her.

I utilized an approach to treatment with [2 - Name - Whistleblo...] n beginning immediately upon her beginning to work with me in 1989, that worked well until Dr. [1 - Mental health infor...] intervened. This approach, feminist therapy, is a competency-based approach to treatment. Emphasis is placed on the development of an egalitarian relationship in which the client's competence and authority are respected, and the client is empowered to be in charge of the direction of treatment, and her life choices. The role of the therapist is purposefully demystified, and therapists who practice this approach utilize self-disclosure and personal transparency, within clear boundaries, in order to assist in the equalizing of power dynamics in therapy. This approach to treatment worked very well with [2 - Name - Whistleblow...] until the time that Dr. [1 - Mental health infor...] began to interfere in the therapy in June of 1997. Prior to that time, [2 - Name...] made enormous strides. She had overcome a serious



suicidal depression, had become able to be in an intimate relationship once more after having believed herself incapable of doing so, had reconciled with her parents, particularly her mother (especially important because her mother then died), and had been able to come to terms with the development of a serious chronic illness. Although she needed a great deal of support, she was doing well and making clear progress in therapy.

It was only when Dr. [1 - Mental health infor...] began to intrude into the therapy that [2 - Name ...] began to regress and become seriously troubled and suicidal for the first time in many years. When I resisted Dr. [1 - Mental health infor...] abusive attempts to control the treatment in January, 1998, at a point when [2 - Name...] had become suicidal in the face of [1 - Mental health infor...] actions toward her, Dr. [1 - Mental health infor...] further interfered with the treatment by directly approaching [2 - Name ...] and using her influence on [2 - Name ...] to attempt to force me to reconnect with [1 - Mental health infor...]. However, I continued to utilize my treatment philosophy of respecting my client, and thus did not vigorously challenge [2 - Name ...] on her stance that Dr. [1 - Mental health infor...] was right about everything.

I utilized self-disclosure at several points between February and June, 1998. Consistent with the treatment strategy that had always worked well in the past to empower [2 - Name ...] and assist her in becoming more functional, I allowed her to be aware of some of my struggles in regard to Dr. [1 - Mental health infor...]. I did not assert the privilege of my role as a therapist to hide these struggles from her. When I disagreed with her, I did so respectfully, and used self-disclosure as a means of making clear that simply because our perspectives were different, I did not intend to invalidate hers. Dr. [1 - Mental health infor...] then instructed [2 - Name...] on how to interpret those struggles, e.g., as abusive to Dr. [1 - Mental health infor...] and evidence of my supposed insanity.

I did not identify Dr. [1 - Mental health infor...] treatment of me as abusive to me until it had gone on for several years and had a significant negative impact on me. I had long conceptualized her behaviors as evidence of severe PTSD arising from alleged abuses by a therapist. It took a long time for me to realize that, unlike any other person I had encountered in any role in my work or my life, she was not only someone who had perhaps been victimized. She was also an abuser. When I first began to seek consultation to deal with Dr. [1 - Mental health infor...] s interference in [2 - Name ...] therapy, in January, 1998, One consultant, who had known her for many years, told me that Dr. [1 - Mental health infor...] was known to be an abuser. I subsequently learned that she had behaved abusively to many people, and also that her abusive behaviors were not, as I had believed, confined to relationships in which she was the recipient of a service such as psychotherapy, or (as from me), consultation. Consequently, I was only able to terminate that relationship after it had affected me and my client adversely.

I protected Dr. [1 - Mental health infor...] and her influence over [2 - Name - Whistleblow...] by never revealing to [2 - Name - Whistleblow...] the attacks that Dr. [1 - Mental health infor...] made on her to me, or Dr. [1 - Mental health infor...] s attempt to interfere in the therapy relationship when [2 - Name ...] was at her most fragile and suicidal. [2 - Name ...] consequently only knows Dr. [1 - Mental health infor...] s perspective on what had happened between us. On

those rare occasions when I did offer my perspective regarding Dr. [1 - Mental health inform...] behavior towards me, [2 - Name...] actively rejected it.

I had tried to take a break from communication with Dr. [1 - Mental health inform...] in mid-February, 1998. I was attempting to move her out of the picture of [2 - Name - ...] therapy, and give [2 - Name ...] time to recover and become less suicidal and fragile. I was attempting to reduce Dr. [1 - Mental health inform...] importance to [2 - Name - ...] so that she would listen to the positive feedback about herself that she received from other friends, her partner Sharon Mitchell, and myself.

But when I did this, and succeeded for a few weeks in creating sufficient peace for [2 - Name ...] to begin to recover and no longer be suicidal, Dr. [1 - Mental health inform...] engaged in the ultimate interference in the therapy. She approached [2 - Name - Whistleblowe...] and represented that she, Dr. [1 - Mental health inform...] would literally die from my not having contact with her. Dr. [1 - Mental health inform...] knew that [2 - Name - ...] as a former practicing physician, felt very strongly about saving people's lives, and that [2 - Name - ...] had already engaged in heroic efforts to save Dr. [1 - Mental health inf...] when the latter was suffering the effects of a relationship breakup in the fall of 1997. Consequently, she knew that [2 - Name...] was vulnerable to this kind of manipulation.

[2 - Name...] then approached me in her therapy session to request/demand that I resume my own communication with Dr. [1 - Mental health inform...] I told her I would try to respect her request to repair things with Dr. [1 - Mental health inform...] even though it pulled me back into the triangle again, putting myself in a lose-lose situation. This was because Cindy expressed that she could not continue in therapy with me should I not take care of Dr. [1 - Mental health inform...] as well, and I knew that she was in no position to lose me as her therapist at that juncture, a few weeks out from an episode of psychotic depression and suicidality. I did not challenge [2 - Name - Whistleblower Re...] about-face on Dr. [1 - Mental health inf...] from seeing her as abusive to seeing her as someone whose life I was required, by [2 - Name - ...] to save on behalf of [2 - Name - ...] welfare.

**E: [2 - Name - W...] Intuition That Dr. [1 - Mental health inform...] Was Being Abusive To Her**

Dr. [1 - Mental health inform...] exploited [2 - Name - W...] friendship and was abusive of her from at least June of 1997 onwards (See, e.g., Attachment 2, E-mail of 9/5/97 from [2 - Name - ...] to me). She triangulated [2 - Name...] into her own primary relationship and used her for emotional support rather than seeking her own therapy. I made repeated attempts to refer Dr. [1 - Mental health inform...] for treatment beginning in 1996 when she dropped out of therapy with Dr. George Taylor of Atlanta GA, which she mostly refused despite her reports of extreme distress. The two therapists to whom I referred her were Dr. Anna Williams of Athens GA, and Flora Ostrow, M.Ed., of Seattle. Dr. [1 - Mental health inform...] had one session with each of these and accused each of these therapists of maltreatment.

So Dr. [1 - Mental health inform...] leaned on her new friend, [2 - Name - Whistleblowe...], as well as on me, her consultant and colleague. For example, when Dr. [1 - Mental health inform...] lover tried to leave her in October, 1997, [2 - Name ...] took care of Dr. [1 - Mental health inform...] during a period in which Dr. [1 - Mental health inform...]



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claimed to be suicidal and dissociative. [2 - Name ...] invited Dr. [1 - Mental health infor...] to move into her home and did 24-hour emotional support for her, cooking food for her and holding and massaging her. Before and after that episode, however, Dr. [1 - Mental health infor...] was mean and cruel to [2 - Name - ...] which troubled [2 - Name...] greatly and led to distress that she brought to therapy. [2 - Name ...] noted that she

Wouldn't take this kind of abuse (and I do feel that she's quite abusive at times) from anyone else on earth. Not for a skinny minute.

(Attachment 10: Email of 9/3/97 from [2 - Name...] to me).

When [2 - Name...] brought these concerns to me, I encouraged her to be self-protective. She always opted to continue relating to Dr. [1 - Mental health info...] however. From June of 1997 onwards, I repeatedly challenged [2 - Nam...] during therapy sessions about her remaining in a relationship with Dr. [1 - Mental health infor...]. With the exception of the period in 1998 when she was suicidal, she repeatedly asserted that despite Dr. [1 - Mental health infor...], frequent criticisms of her, she loved Dr. [1 - Mental health infor...] and wished to remain her friend, and that she saw the relationship as a gift. This lengthy process of my challenging the relationship is something that [2 - Name...] also fails to disclose in her complaint.

In January of 1998, [2 - Name...] began to see more clearly that she was being abused by Dr. [1 - Mental health infor...] and she asked for my help to protect her from Dr. [1 - Mental health infor...]

[1 - Mental health ...] blast deepened my despair a lot . . . Please do all you can to protect me from more of this from her.

(Attachment 11: Email of 1/19/98 from [2 - Name...] to me).

I realized that there are a number of things about this relationship that might not be healthy for me and therefore might meant [sic] that the relationship isn't viable for me anymore.

(Attachment 12: Email of 1/5/98 from [2 - Name ...] to me).

I agreed to try and protect her, and I did my best to do so. [2 - Name...] failed to disclose any of this communication in her complaint.

**F. Dr. [1 - Mental health infor...] History of Being Abusive And of Making Complaints Against Her prior Therapists**

Dr. [1 - Mental health infor...] has a history of being abusive to people to whom she turns for help and support, and blaming her actions on her supposed PTSD. She has gone so far as to

acknowledge that she is "dangerous" to therapists, and to implicitly threaten to vandalize my office:

There's NOTHING to say to that except it is just plain STUPID. OBVIOUSLY I am dangerous. I HAVE PUSHED THERAPISTS WHO GOT IN MY WAY OUT OF THE WAY AND I HAVE PUT MY HAND THROUGH WALLS AND IT WOULD BE EASY FOR ME TO TRASH SOMEBODY'S office if the stakes were high enough.

(Attachment 13: Email of 12/9/97 from Dr. 1 - Mental health infor... to me).

In late January, 1998 I learned more about how "dangerous" Dr. 1 - Mental health infor... can be from individuals who have been acquainted with her for many years while she resided in Georgia. My primary informant who is willing to come forward about this matter is Dr. Joen Fagan, who directed Dr. 1 - Mental health infor... doctoral program, and has consulted with a large number of people who tried to be Dr. 1 - Mental health infor... helpers. Dr. Fagan has expressed to me a willingness to testify as to this pattern. Other consultants have expressed a fear of Dr. 1 - Mental health infor... and a desire to remain anonymous; one consultant told me that should I quote him, he would deny having even spoken to me.

Dr. 1 - Mental health infor... had always represented to me that her behaviors were due to PTSD acquired due to abusive therapies, and I had always been willing to credit that account, since I know from my work in the field of psychotherapy abuse that this was indeed possible. However, I learned, beginning in January, 1998, that this was not true, and that she had in fact been as abusive to other people as she had been to me for many years. I learned that she had threatened a number of people in the Atlanta professional community, and that people feared her knowing that they had told me their perceptions of her abusiveness.

I have recently had a conversation with her last therapist, Dr. George Taylor, a member of the APA Board of Directors, about Dr. 1 - Mental health infor... in which he expressed that he continues to suffer from PTSD arising from his having attempted to treat her. Learning all of this about Dr. 1 - Mental health infor... allowed me to realize that she had long been abusive of me.

I made one attempt to confront Dr. 1 - Mental health infor... about her being abusive to me. In January of 1998 I sent her this Email message:

I am exhausted. Fell into bed, and then could not sleep, because I am haunted by your words to me in the last seven months. And by the sound of your voice calling me a motherfucker on the phone. Last week, not for the first time. @b Seven months I have in this

computer file. How I am the worst betrayal. How I am a rapist. How I am worse than Helen.

The cumulative force of it hit me like a blow. I cannot sleep for the pain. What have I been doing being a target for this sort of verbal abuse? I know you are in pain, but does that make any of this ok? How have I gone with making it ok that you call me these names? What kind of relationship am I having with someone I care about deeply call me a motherfucker?

(Attachment 14: January 1998 Email from me to Dr. 1 - Mental health infor...)

It frightened me as I realized that I had become entrapped in an emotionally battering relationship with a colleague, although I have been somewhat reassured by the existence of a large group of similarly affected colleagues. It also helped me to understand why I was having such a difficult time removing myself from this destructive relationship, and why Dr. 1 - Mental health infor..., who wished to keep me available to her, was willing to interfere in 2 - Name - Whistleblower ... therapy in order to maintain control over me. Dr. 1 - Mental health infor... was well aware that my vulnerability was my desire to be protective of my clients, and she used that vulnerability in this instance without any thought as to how it would harm 2 - Name - Whistleblow.... At our last conversation, when I was finally able to confront Dr. 1 - Mental health infor... about what she had done, she admitted that it was "a betrayal", but justified it on the grounds that she was in terrible emotional shape from my decision to take two weeks of time-out from relating to her.

My fears of being able to have no way out of this destructive relationship in which I could continue to protect my client and her therapy have proven to be well-founded. 2 - Name... may or may not know this history of Dr. 1 - Mental health informa... abusive behavior, although she has witnessed some of it directed at herself, at Dr. 1 - Mental health infor... partner, at her own partner, and at me.

Dr. 1 - Mental health infor... response to 2 - Name - Whistleblower R... suicidality in January and February, 1998 was to become extremely hostile and angry at Cindy, and verbally abusive of me. 2 - Name - ... is aware of Dr. 1 - Mental health infor... hostility to her, because Dr. 1 - Mental health infor... sent 2 - Name - ... various angry emails, some of which 2 - Name - ... shared with me at the time because they hurt and frightened her, and 2 - Name - ... wanted help to deal with this onslaught. Dr. 1 - Mental health infor... was furious at 2 - Name - ... for daring to suggest that Dr. 1 - Mental health infor... verbal abuse had been a factor in 2 - Name - ... decompensation. Dr. 1 - Mental health infor... sole interest during the time that her supposed friend was suicidal was to demand apologies and correct behavior from 2 - Name - Whistleblower.... Her failure of empathy was horrifying to me.

Dr. 1 - Mental health info... abuse of me during this time period was predicated on her rage that I was trying to extricate myself from the triangle, was protective of 2 - Name - ... rather than her, and unwilling to force 2 - Name - ... to apologize for telling Dr. 1 - Mental health infor... that her actions had been a

trigger for 2 - Name - W... suicidality. I attach some of the emails sent to me by Dr. 1 - Mental health inf... during this time period. Their language is clearly abusive and coercive, and contains many of Dr. 1 - Mental health inf... demands on me about how to conduct 2 - Name - W... therapy, and her threats of how she would harm herself, and blame 2 - Name - ... if those demands were not met.

Instead of protecting 2 - Name... from her, Dr. 1 - Mental health inf... insisted that I should be protecting her from 2 - Name...:

Goddam you, Laura. You need to be telling 2 - Name - ... one thing, as far as her relationship with me, that she has done me great harm, that I am very hurt, and that she needs to start ONLY with listening and owning.

(Attachment 15: Email of 1/29/98 from Dr. 1 - Mental health inf... to me).

Dr. 1 - Mental health inf... made no secret of her desire to do physical violence towards me:

Hatred hatrd [sic] that [sic] wants to hurt you physically, hatred that wants you to feel what you have made me feel hatred that wants to smash your face into the wall so will see so you will get an idea what you have done and still you wouldn't ebcause [sic] you hae [sic] not been in my position, because you are not capable of anything but defending yourself as if you are holy you jewish cunt it will not matter what happens when I die . . .

(Attachment 16: E mail of 1/29/98 from Dr. 1 - Mental health in... to me).

She threatened to commit suicide herself:

I HOPE HOPE HOPE THAT MY DEATH HAUNTS YOU AND  
MAYBE BEFORE YOU DIE YOU WILL GET WHAT YOU  
HAVE DONE HERE.

(Attachment 17: Email of 1/30/98 Dr. 1 - Mental health in... to me).

Perversely, while I was trying to protect 2 - Name ... from Dr. 1 - Mental health i..., Dr. 1 - Mental health in... expressed her thinking that if she were my client, instead of 2 - Name - ... that she would want me to protect her from 2 - Name - ...

AND IF I WWERE [sic] THE CLINET [sic], I WOULD INSIST  
YOU STOP THE RELATIONSHIP WITH HER, BECAUSE IT

HAS HARMED ME, THROUGH YOU, AND YOU THROUGH  
IT, SO HORRIBLY; A WORSE NIGHTMARE THAN HELEN

HIT HIT HIT DEATH DEATH DEATH

(Attachment 18: Email of 1/30/98 from Dr. 1 - Mental health infor... to me).

2 - Name... is not aware of this behavior of Dr. 1 - Mental health infor... toward me except by inference from me, unless she has been told some of it by Dr. 1 - Mental health infor... I alluded superficially to this in some of my last communications with 2 - Name - Whistleblow... This was self-disclosure that I did make to

2 - Name - Whistleblow...

When I realized that I was in an abusive relationship with Dr. 1 - Mental health infor... and not simply hearing someone's post-traumatic responses, and that worst of all, my client was being harmed by my colleague's intrusion into the therapy, I began to seek both consultation and personal psychotherapy. I continue with both consultation and psychotherapy at this time. I may not have entered treatment as quickly as 2 - Name - Whistleblow... would have liked. The results of my therapy have run counter to her demands to repair the relationship with Dr. 1 - Mental health infor... since my therapist is clear that this was an abusive relationship that I must leave immediately.

I was increasingly aware of my inability to extricate myself from this triangle on my own and the distress this was creating in me in the spring of 1998. I diligently sought to remediate my distress via both peer and professional support and to get help to get out of the destructive triangle. I kept trying to find ways to protect 2 - Name..., but she would only accept one action from me -- remaining close to Dr. 1 - Mental health infor... -- something I tried for 2 - Name - ... sake, but finally could not do.

I am now trying to deal with the cumulative effect on my personal and professional self-concept of the continued verbal battering by Dr. 1 - Mental health infor... and her constant assertions that I was a failure as a therapist and a human being. I am also working to find ways to balance my approach to psychotherapy and my desire to respect the autonomy and competency of my clients with attention to possible areas of risk such as that posed by interference from third parties.

My continued attempts to repair the relationship with 1 - Mental health information, Adult... were heartfelt attempts to meet the demands of a client, 2 - Name - Whistleblow..., in the context of a battering relationship with Dr. 1 - Mental health infor... a person who exerted a great deal of influence on 2 - Name - Whistleblower Regarding He... 2 - Name - ... had stated that her welfare depended on my treatment of Dr. 1 - Mental health infor... Consequently, I made strenuous efforts to attend to 2 - Name - W... welfare. My continuing consultation on this matter has led me to be aware that I was willing to shoulder far too much responsibility for Dr. 1 - Mental health infor... welfare, by agreeing to subject myself to further abuse in the name of saving her life, and thus keeping 2 - Name - Whistleblow... feeling well-cared-for by me.

I was Dr. [1 - Mental health inf...] consultant on her own complaint about the allegedly abusive behaviors of her own psychotherapist in Atlanta, a woman named Helen Coale. Some of the wording of this complaint, for which I served as a forensic consultant, parallel those of [2 - Name...] Brown's complaint. I attach a copy of that complaint (Attachment 19: Written Complaint of 5/5/95 Against Therapist Helen Coale). The themes of the two complaints are almost exactly the same; allegations of role reversals, therapist impairment, irrationally cruel behavior on the part of the therapist, violating confidentiality to a partner (even the same word, "lover" is used in both complaints, although [2 - Name...] has only ever referred to Ms. Vogel as my "partner" prior to this, as do I), and financial irregularities. This sort of similarity belies [2 - Name - ...] assertion that Dr. [1 - Mental health inf...] has no hand in her complaint against me.

I am the second therapist in a row with whom [2 - Name - Whistleblow...] has had a painful falling-out. Many of the claims she makes about my impact on her, she made to that former therapist, Miriam Jackson. I attach a copy of a letter she sent to Ms. Jackson (Attachment 20).

In her complaint, [2 - Name...] represents herself as being emotionally terribly impacted by my behaviors toward Dr. [1 - Mental health inf...] Yet in her communications with me, both in person and by email, she repeatedly asserted that, during the spring of 1998, she felt "sane" and better than she ever had.

**G. What I am Doing to Recover From Dr. [1 - Mental health inf...]**  
**Abuse and to Protect My Current Clients**

I have entered psychotherapy and am remaining in weekly treatment working intensively on my own personal vulnerabilities and blind spots that allowed Dr. [1 - Mental health inf...] to treat me abusively for so long without my stopping her. It is an extremely isolating experience for a therapist to herself be abused emotionally by a colleague to whom she is offering consultant services, especially when that psychologist is well-known for her expertise in interpersonal violence, as I am. My denial about being abused by Dr. [1 - Mental health inf...] and the isolation that an abusive relationship creates in its victim, were both components of what happened last spring. My therapist is monitoring my ability to practice safely and competently.

I am getting consultation on my countertransference, both as it relates to what happened with [2 - Name...] and Dr. [1 - Mental health inf...] and in my overall work with clients. I am looking at how my adherence to a respect and competency based approach to treatment may strip me of tools to protect myself and my clients from external influences like Dr. [1 - Mental health inf...] I have learned that Dr. [1 - Mental health info...] is willing to go to considerable lengths and expense to punish people who



disengage from her. She did so with Helen Coale. She is now using [2 - Name - Whistleblow...] to do so to me.

I am currently no longer taking any clinical, forensic, or consultation cases in which a person alleges abuse by a psychotherapist, and will continue to remain away from this for the immediate future, until such time as my therapist and consultants consider it appropriate for me to do so again. I have also turned down several requests to conduct workshops on ethics and boundaries issues in therapy. These topics of ethics and psychotherapist misconduct have been a specialty area of my work clinically and forensically, (and I in fact was a trainer for investigators for the health professions boards in 1991 on this topic, and have been a consultant to the health professions boards on this topic at various times since then) so I am voluntarily relinquishing an important aspect of my work. I do so freely to protect clients and accused therapists both. Because I am the subject of this complaint, I cannot be objective about this matter. Until my therapist and consultants agree that I can be objective again, I will continue to refrain from offering services to the public or to regulatory agencies.

I have cut back my work hours by approximately half given my current emotional vulnerability in the context of this complaint, so that I can insure that my distress does not lead to impairment or risk to my clients.

#### H. Conclusion

I have always held myself to an extremely high standard of behavior in relationship to my clients. It has always been important to me to empower clients and to respect their rights to be the authorities about their lives and the course of their treatment. I have been willing to accept their rage, and to contain anger projected onto me, as part of my respect for the position that each client was in. I have a commitment to serving underserved people, one that my colleagues and the profession have recognized. Because of that, I have a history of working with extremely difficult clients, psychiatrically chronically disabled people who many other private practice psychologists are not willing to treat because of the large demands they place on the practitioner. I have, consequently, been willing to extend myself to the hours of work beyond the usual therapy time, and to forgo doing easier or more emotionally comfortable work in the name of respecting the autonomy of my clients, even very damaged and angry people. I have provided services to individuals who often could not get help elsewhere, and continue to do so.

Dr. [1 - Mental health info...] interference in [2 - Name - Whistleblower R...] therapy, which occurred before I could do anything to stop it, and was resistant to efforts to stop it, left me in a lose-lose situation. I struggled to protect [2 - Name - Whistleblow...] from Dr. [1 - Mental health info...]. The result of that struggle was that Dr. [1 - Mental health info...] went to [2 - Name - Whistleblowe...] and used her knowledge of [2 - Name - W...] vulnerabilities to enlist [2 - Name - ...] assistance in coercing me back into a relationship with her. I experienced negative consequences when I attempted to simultaneously help my client and take care of my own



needs not to be abused. I was threatened by Dr. [1 - Mental health info...] with suicide when I tried to make a decision to leave the abusive relationship.

Dr. [1 - Mental health info...] had decreed, and [2 - Name...] accepted, that the only way out of the difficulties she had created from me and for [2 - Name...] was for me to make amends to and be friends with Dr. [1 - Mental health info...]. I attempted to follow this direction; that ultimately became impossible for me to do. I deeply regret [2 - Name - Whistleblower ...] current pain. Even though I no longer work with her, I have a strong emotional bond to her from our years of work together, and her suffering cannot but affect me. However, I see this pain as self-inflicted. She chose to ally herself with Dr. [1 - Mental health info...] and to accept Dr. [1 - Mental health info...]; constructions of herself, and of me.

Dr. [1 - Mental health info...] and thus [2 - Name...], under her influence, wish to punish me for having finally set a limit and said no. If it is unethical for a psychologist to refuse to accept abuse, then no psychologist can safely practice. I experience this complaint as an extension of the battering relationship and represents one of my worst fears about how I would be punished for leaving, since Dr. [1 - Mental health info...] had made a threat to lodge a complaint against me the first time I tried to leave the relationship, in 1996. Dr. [1 - Mental health info...] does not allow people to leave her "unilaterally" and she never consents to their going. When and if they try to leave, she punishes them by attacking whatever they most hold dear.

I thank the Board for its time and consideration in reviewing this extremely complex matter.

Very truly yours,



Laura Brown, Ph.D.

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Date: Fri, 5 Sep 1997 09:03:47 -0700

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Heal...

Subject: Re: Aieeeee....(nonurgent)

Thanks again for your words, which were a big help. I'm sorry to involve you in this stuff....I don't think you signed up for couples' counseling.

Yesterday, after sending me an email that was so angry and venomous that it left me feeling like my innards had been bathed in acid, she called and made nice and wanted very badly (almost desperately) for me to come over to their house (where Phoenix was already helping Paula install a phone line) for dinner and socializing. I have no idea what prompted the switch. It was hard for me to go along, but I did...taking her cue that it was somehow very important. I still don't know what was going on.

I'm having a hard time bouncing back from this. There's a lot that I want to talk to you about and maybe we can do that on Monday (which I think is when my phone appt. with you is....I'll check).

Meantime, things are stable here for the moment; I appreciate your help very much.

Carry on....wherever you are. (grin)

2 - Name - Whi...

Date: Mon, 24 Nov 1997 18:46:11 -0700

To: 71643.3173@compuserve.com

From: 2 - Name - Whistleblower Regarding Health Care Provider or He...

Subject: Reporting in....

Thanks for talking to me today. Helped a lot.

I did what I was supposed to....got Phoenix to drive me out to the beach by the lighthouse, and then I walked out to a spot by myself and sat there on a log for awhile. I didn't think of much, and didn't find my wisdom place, and it was too cold to stay there long, BUT...it was soothing to me. I loved it and it calmed me.

I've been crying a lot.

Phoenix has been telling me from the get-go that I was heading for disaster with this relationship...that I had lost all my boundaries and had surrendered my Self to 1 - Mental ... and she's been worried that it was all going to blow up in my face. And now it has. She says that she starts relationships the way she intends to carry them on. Wise woman.

Phoenix is going to come with me to see you on Wednesday, because she's worried about my driving. And apparently Paula is coming with 1 - Mental ... so after my session we can all have a big reunion in your living room. I can't wait.

The question that's driving me nuts is: is it too far gone? Is it possible to stop what's wrong in this relationship, back up and do it over right? I'm willing and eager to do this. Don't know about 1 - Mental ...

And you're stuck in the middle. I don't envy you one bit.

Thanks again.

2 - Name - Whistleblower Regarding He...

Date: Sun, 18 Jan 1998 17:30:11 -0700

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Heal...

Subject: Re: Update on things...not urgent

OK....I haven't heard from 1 - Mental ... II day (they probably spent the day on Hurricane Ridge or something) and I've been doing a lot more thinking.

And I'm starting to get upset with you. Not angry, mind you.....but definitely upset. I think maybe you've been giving me some questionable advice.

1 - Mental ... is crazy. I mean, in some ways she's one of the sanest people I know. But a good bit of the time she's crazy. It's clear that in some of my interactions with her, there's no way that I can emerge unscathed, no matter what I do or say. I'm continually getting blindsided over things no sane person would think twice about. The woman is VERY difficult to be in relationship with. That's not my stuff. That's her stuff. And her stuff doesn't get along well with my stuff.

I'm trying to do something about my stuff, but she's not trying to do anything about hers. More than that, she won't hear any suggestion that any of our problems are because of her.

How on earth can this be a healthy relationship for me? I am not allowed to disagree with her. I am supposed to swallow my feelings and listen to her and learn from her. I am supposed to assume that her version of reality is the correct one. That's the spelled-out deal. That's the condition for her continuing in our relationship, as I understand it.

There is NO place for me to be heard. There is NO place for my version of reality.

You say that a red flag for me is when I start worrying about doing things right and being good. How can it be healthy for me to be in a relationship with someone who insists and demands that I do things right ALL the time? Her definition of right, which I'm supposed to accept unquestioningly. Why are you letting this go on without commentary?

Why aren't you addressing these things? Why are you ignoring these things? You told me today to back off; for Christ's sake (OK...now I'm finally getting mad) when the woman had told me....well, I'm just going to quote verbatim from her note. Earlier she said that she thought that I had the right as a client to control the flow of information from her to me to you, so I'm taking this liberty. Here's what she said:

---

As far as you taking care of your needs, what you feel inside is very different from how I experience our concrete reality. I resent your passive aggressive comments about this. I see you as tending your needs very well with me; saying no quite frequently in comparison to how much I ask for specific things I really need, which is really not that often (often you say no to these). When you say "yes" is usually on your terms when you feel

like offering something, such as at night when I am going to bed there. My experience is that when I really need you, and/or allow any vulnerability, you are more likely to say no than yes and not to be able to shift your focus to hearing me very well. And it is not the no as much as the fact that you seem so invested in your experience and needs, and something is missing in terms of emotional resonance.

---

So since we had that talk about resentment in December, I've STARTED to say no to her and to be careful not to do anything that I might resent. It was a brand new thing, because before that I virtually never said no to her. And even now, I can't think of a time I've ever said no to her...I say, not right now....later. So because of that, she says the above. All of the things I do for her are invisible now. All the times I've taken care of her regardless of how badly I felt myself, all the times I've gotten up in the middle of the night with her, all the food I've prepared for her, all the hours sleep I've lost because of trying to get her to sleep.....I don't regret doing any of those things. It's what I signed up for. I'm perfectly happy to keep doing them. But I do expect some basic RECOGNITION of the fact that I'm doing them. This paragraph invalidated everything that I've tried to do for her. And you told me to back off? WHY? This is crazy.

Phoenix says that 1 - Mental ... is never going to change her bad behaviors if everyone lets her keep getting away with them. She herself is a hair's breadth away from telling 1 - Mental ... that she wants nothing more to do with her....and wouldn't that be a pretty scene? God, 1 - Mental ... is coming between Phoenix and I....not because of any jealousy of the time I spend with her (virtually all of which is spent doing things for her and taking care of her....she and I don't have a social life) or the regard I have for her, but because Phoenix thinks I'm lacking in integrity for putting up with her shit. And I'm having a harder and harder time justifying it. I can't bear to feel that Phoenix is losing respect for me. This is as serious as a heart attack.

I've been going on the ADA premise....that 1 - Mental ... is crazy and I'm trying to make accommodations for her craziness in my relationship with her. I have hoped that if I could get clear on my own shit and stop doing the things that set her off (sometimes though, I realize, that just my breathing is enough to set her off), that maybe she'll come to trust me and then maybe I can help her heal.

But I don't know if I can do it, Laura. I'm supposed to let her get away with saying what she said above? I'm supposed to roll over and accept that as the correct version of reality?

Why aren't you helping me with this? Are you tied in knots trying to be her friend and my therapist? I KNOW that you will put my interests first. I trust you to do that. But I can't understand how telling me to back off when she says shit like this is serving my interests.

I need some help on the nitty-gritty of this real bad because I really am reaching the end of my coping abilities with her. Something's got to get

different in a hurry...either something's got to change in me or  
something's got to change in her. But I can't go on like this.

Loud and clear: I can't go on like this.

2 - Name - Whistleblower Regarding Health ...



Date: Sun, 1 Feb 1998 18:37:35 -0700  
To: "Laura S. Brown" <lsbrown@compuserve.com>  
From: 2 - Name - Whistleblower Regarding Health Care Provider or Heal...  
Subject: Sunday evening.....

I'm doing very badly here. It's about 6:15. I suppose you're over the Rockies somewhere. And I don't want to talk to you tonight. It's not that. It's just that I'm staying right on the edge here, forcing poor Phoenix to hang real close, as in not being comfortable with me downstairs if she's upstairs and such.

I need to be drugged into oblivion for the short term. And I have insufficient drugs for that, I think. I was trying to not take perococet for a few days, since I've developed some tolerance to it and am uninterested in escalating the dose. But that's the ONLY drug that gives me any semblance of PEACE. None of the others do anything except make me a little sleepy so I can sleep for some hours, more or less.

Questions keep coming up for me, having to do with me and you.

Twice I've expressed concern to you about your difficult position between me and 1 - Mental ... and have asked if you're feeling pretzeloid trapped between us. I've expressed concern and insecurity about this and you've never responded. Are you going to feel like you have to make a choice between us? I need to know this.

Early in my relationship with 1 - Mental ... said that she said that she was uninterested in working on herself within our relationship and you accepted that without question, giving me the message that that was OK. It was NOT OK for her to demand incessantly that I change and work on myself within our relationship and while she refused to be confronted about any of her stuff. Why did you let that slide? Why did you let me think that had your blessing?

Early in my relationship with 1 - Mental ... when she was having screaming fits at me (during which you say she's switched and she says she's not), and later when she stopped doing that and limited herself to yelling at me....why didn't you tell me that I was in an abusive relationship? Why did you let me stay in that situation without comment? Or did you comment and I don't remember?

Why, when I agreed to that horrible thing wherein I was utterly silenced and she was the only one who got to talk and have valid observations and I was supposed to say nothing...WHY did you let that stand? Why didn't you object to that? Why didn't you protect me? Why didn't you say that that was utterly fucked for me to be silenced like that?

I feel like my relationship with 1 - Mental ... has been becoming increasingly lethal for me over recent weeks and I don't feel like you were intervening enough. Maybe I'm being unfair. Maybe there are things I don't know about. Maybe I'm being an asshole. But I need to KNOW.....

I knew I was taking a horrible risk when I made the conscious decision to

keep my heart wide open to Louisa right up to the bitter end. I knew that I could lose her in a hundred ways, but I kept my heart wide open. And now I have lost her, while my heart was wide open, and all the millions of deep and convoluted connections that we managed to make in a year's time have been ripped violently apart, and I'm left here with a gaping, hemorrhaging giant wound in my chest.

I'm not sure I've got you. I've lost <sup>1 - Mental ...</sup> I've got Phoenix and she's a mighty force, but I'm not sure she's enough unless I have enough left inside me. And right now the pain is reaching the "nothing matters but the pain" level and I'm in serious trouble, Laura. I'm sinking fast.

I hate to ask you to call me when you get in because I know you'll be exhausted and jet-lagged. But it might not be a bad idea if you're up for it.

2 - Name - Whistleblower Regarding Health Car...

**LAURA S. BROWN, PH.D. ABPP**  
**DIPLOMATE IN CLINICAL PSYCHOLOGY**  
4527 FIRST AVENUE NE, SEATTLE WA 98105-4801  
(206) 633-2405 EXT. 1/FAX (206) 547-8725

July 12, 1998

Dear 2 - Nam...

I am writing to you about this difficult subject, so that you can take the time to consider this as necessary. It is particularly important to avoid any misunderstanding on this subject. This letter comes with my respect, care and attention to this very difficult topic.

I understand that we are at an impasse in our work together, in which each of us has strongly held beliefs about the direction in which to go in your therapy. I believe that both of us have come to our perspectives from much thought, and from genuine concern for the welfare of everyone involved. I respect your opinions. I also need to exercise my own judgment about my work with you. I don't believe that it has been helpful to you to be focusing on my thoughts, feelings, or relationships, as you have recently wished to do. Your therapy has to have you as its focus.

I understand that this impasse has led you to lose trust in me, and has frightened and upset you. I would prefer to have your trust. I cannot, though, sacrifice my own judgment about the right course to take in order to regain your trust.

At this point, I can offer three options for possibly moving through the impasse:

1. You can continue to work with me as your therapist, with the understanding that the focus of therapy will be on continuing to overcome problems in your life, as it has been in all of our past work together. I understand from our prior communications that this is not likely to occur.
2. You could decide that for the time being, you want to take a break from therapy. Please know that if at some point in the future you would wish to work with me again, I remain open to that possibility as long as I continue in clinical practice.
3. You may wish a referral to another therapist. If so, I would be willing to assist you in that process if you would like and to do what I reasonably can to create a smooth transition. Two people who are close to you geographically, who you might wish to consider if you pick this option, are Jan Pickard, who practices on Whidbey; her number is 360-685-4515, and Mary Wegmann, who practices in Pt. Angeles; her number is 360-457-1610.

Please know that I am not trying to coerce you back into therapy with me, which is what you have expressed to me is your belief. All of the choices are yours, with one exception; I must exercise my own judgment about the focus of therapy if you choose to continue working with me.

I regret that my decisions may be difficult for you. I am, however, sure that it would be wrong to continue in the direction that you have requested me to go in working with you.

You are a woman of great strengths and courage, and resources that you drew upon at times when you did not know if you were capable of going on. I have repeatedly seen you manifest an amazing ability to go inside of yourself and find the resources with which to heal and come back to a desire for life. Please know that whatever choice you make, I hold you with deep respect, regard, and care. I wish you only well, and hope that whatever you decide to do, you will continue the path of personal healing and empowerment that you have been on for so long.

With care and respect,

Writing in brackets is from me to 2 - Na...

Date: Fri, 23 Jan 1998 20:54:11 -0700

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Healt...

Subject: Re: Grumpy

>-no, actually, you have called me in the past and it's real important for  
>you to try to do stuff for yourself, on your own behalf, right now-

This you're saying to the Queen of Counterdependence. Of COURSE I'm trying  
to do everything I can for myself right now. I helped fix my supper. I'm  
going to get the stuff together to send the Klonopin prescription off to  
the AARP pharmacy. all this feels like I'm moving through 6' of sludge,  
but I'm trying.

>I want you to be paying attention to what you want; if I only give it to  
>you before you  
>notice it, then you miss being able to notice it. And right now, it's  
>especially  
>important for you to be noticing. This is not about being fed up; it's about  
>a way to help point you at yourself-

I read that over and over and I don't have any idea what you meant. Would  
you mind explaining this please?

>-ok to be mad. I am very happy (seriously) that you are telling me that you're  
>mad and I'm not mad at you for it at all (grin)-

Humph.

>-I agree with Kris that Percocet is not a good idea right now. It is a CNS  
>depressant, so even if it feels good at the moment, it has serious dangers,  
>and would be more psychomotor retarding and judgment messing-with than I  
>am comfortable with. So I am willing to assist with getting the Klonopin,  
>and with a Trazadone scrip which will help with sleep and maybe anti-depress  
>some-

OK. I'm willing to be a compliant patient. As soon as I get the  
trazadone (have to wait for 1 - Mental ... or Paula to pick it up for us in the next  
couple of days) I'll start taking it. I'll stop taking Percocet except  
in extremem situations. I'll give it a try the way you and Kris want me  
to.

Kris never has called me, which makes me feel bad.

>And you never have responded to my question about hallucinations.  
>  
>-I'm not sure what to make of it. Either it's the leading edge of the  
>wedge, or? I need to think about it more-

Leading edge of WHAT wedge? This sounds alarming.

**LAURA S. BROWN, PH.D. ABPP**

**DIPLOMATE IN CLINICAL PSYCHOLOGY**

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**PSYCHOTHERAPY INFORMATION DISCLOSURE STATEMENT**

**Your Rights as a Psychotherapy Client**

Therapy is a relationship between people which works in part because of clearly defined rights and responsibilities held by each person. This frame helps to create the safety to take risks and the support to become empowered to change. As a client in psychotherapy, you have certain rights that are important for you to know about because this is your therapy, whose goal is your well-being. There are also certain legal limitations to those rights that you should be aware of. As a therapist, I have corresponding responsibilities to you.

**My Responsibilities to You as Your Therapist**

**I. Confidentiality**

With the exception of certain specific exceptions described below, you have the absolute right to the confidentiality of your therapy. I cannot and will not tell anyone else what you have told me, or even that you are in therapy with me without your prior written permission. Under the provisions of the Health Care Information Act of 1992, I may legally speak to another health care provider or a member of your family about you without your prior consent, but I will not do so unless the situation is an emergency. I will always act so as to protect your privacy even if you do release me in writing to share information about you. You may direct me to share information with whomever you chose, and you can change your mind and revoke that permission at any time. You may request anyone you wish to attend a therapy session with you.

The following are legal exceptions to your right to confidentiality. I would inform you of any time when I think I will have to put these into effect.

1. If I have good reason to believe that you will harm another person, I must attempt to inform that person and warn them of your intentions. I must also contact the police and ask them to protect your intended victim.
2. If I have good reason to believe that you are abusing or neglecting a child or vulnerable adult, or if you give me information about someone else who is doing this, I must inform Child Protective Services within 72 hours.



3. If I believe that you are in imminent danger of harming yourself, I may legally break confidentiality and call the police or the county crisis team. I am not obligated to do this, and would explore all other options with you before I took this step.

4. If you are filing a complaint or are a plaintiff in a lawsuit where you bring up the question of your mental health, you will have already automatically waived your right to the confidentiality of these records in the context of the complaint or lawsuit. In spite of that, I will not release information without your signed consent or a court order. We can also discuss obtaining a protective order to help maintain confidentiality of records. Please let me know if you are in this kind of situation so that I can take the utmost care possible to protect your privacy in my records.

**The next is not a legal exception to your confidentiality. However, it is a policy you should be aware of if you are in couples therapy with me.**

If you and your partner decide to have some individual sessions as part of the couples therapy, what you say in those individual sessions will be considered to be a part of the couples therapy, and can and probably will be discussed in our joint sessions. *Do not tell me anything you wish kept secret from your partner.* I will remind you of this policy before beginning such individual sessions.

## **II. Record-keeping.**

I normally keep very brief records, noting only that you have been here, what we did in the session, and a few words describing the topics we have discussed. If you prefer that I keep no records, you must give me a written request to this effect for your file. Under the provisions of the Health Care Information Act of 1992, you have the right to a copy of your file at any time, giving me the chance to print it out from my computer. You have the right to request that I correct any errors in your file. You have the right to request that I make a copy of your file available to any other health care provider at your written request. I maintain your records in a secure location in my office, and on a computer disk which cannot be entered by anyone else.

## **III. Diagnosis.**

If a third party such as an insurance company is paying for part of your bill, I am normally required to give a diagnosis to that third party in order to be paid. Diagnoses are technical terms that describe the nature of your problems and something about whether they are short-term or long-term problems. If I do use a diagnosis, I will discuss it with you. All of the diagnoses come from a book titled the *DSM-IV*; I have a copy in my office and will be glad to let you borrow it and learn more about what it says about your diagnosis.

## **IV. Other Rights**

You have the right to ask questions about anything that happens in therapy. I'm always willing to discuss how and why I've decided to do what I'm doing, and to look at alternatives that might work better. You can feel free to ask me to try something that you think will be helpful. You can ask me about my training for working with your concerns, and can request that I refer you to someone else if you decide I'm not the right therapist for you. You are free to leave therapy at any time.

## **V. Managed Mental Health Care**

If your therapy is being paid for in full or in part by a managed care firm, there are usually further limitations to your rights as a client imposed by the contract of the managed care firm. These may include their decision to limit the number of sessions available to you, to decide the time period within which you must complete your therapy with me, or to require you to use medication if their reviewing professional deems it appropriate. They may also decide that you must see another therapist in their network rather than me, if I am not on their list. Such firms also usually require some sort of detailed reports of your progress in therapy, and on occasion, copies of your case file, on a regular basis. I do not have control over any aspect of their rules. However, I will do all that I can to maximize the benefits you receive by filing necessary forms and gaining required authorizations for treatment, and assist you in advocating with the MC company as needed.

## **My Training and Approach to Therapy**

I have a Ph. D. in Clinical Psychology earned in 1977 at Southern Illinois University. I am a licensed psychologist (#615) in Washington State, and a registrant (#31637) of the National Register of Health Service Providers in Psychology. I was awarded the Diplomate in Clinical Psychology of the American Board of Professional Psychology in 1986. My areas of special training and expertise include women's and gender issues in general, and specifically working with survivors of trauma, abuse, and victimization, and people in recovery from alcohol and drugs.

My approach to therapy is called Feminist Therapy. This is a philosophy of psychotherapy which looks at the relationship of gender, power, and cultural forces in determining a person's developmental experiences and the problems they are bringing to therapy. If you would like to learn more about this approach, I have books about it that I will gladly lend to you. I use a variety of techniques in therapy, trying to find what will work best for you. These techniques are likely to include dialogue, interpretation, cognitive reframing, awareness exercises, self-monitoring experiments, visualization, journal-keeping, drawing, and reading books. If I propose a specific technique that may have special risks attached, I will inform you of that, and discuss with you the risks and benefits of what I am suggesting. I may suggest that you consult with a physical health care provider regarding somatic treatments that could help your problems; I refer both to traditional and non-traditional (homeopathic and Oriental medicine) practitioners, and will

be glad to discuss with you the pros and cons of various alternatives. I may suggest that you get involved in a therapy or support group as part of your work with me. You have the right to refuse anything that I suggest without being penalized in any way. I do not have social or sexual relationships with clients or former clients because that would not only be unethical and illegal, it would be an abuse of the power I have as a therapist.

Therapy also has potential emotional risks. Approaching feelings or thoughts that you have tried not to think about for a long time may be painful. Making changes in your beliefs or behaviors can be scary, and sometimes disruptive to the relationships you already have. You may find your relationship with me to be a source of strong feelings. It is important that you consider carefully whether these risks are worth the benefits to you of changing. Most people who take these risks find that therapy is helpful, and I will do what I can to help you minimize risks and maximize positive outcomes.

You have the right to decide when therapy will end, with three exceptions. If we have contracted for a specific short-term piece of work, we will normally finish therapy at the end of that contract. If I am not in my judgment able to help you, either because of the kind of problem you have or because my training and skills are not sufficient, my ethics require that I inform you of this fact and refer you to another therapist who can meet your needs. I would continue to meet with you until you had established a relationship with a new therapist, and would assist you in finding this person. If you do violence to or harass myself, the office, or my family, I reserve the right to terminate you unilaterally and immediately from treatment. I will do all that I can to work with you to prevent such an episode from occurring if it appears possible.

There are times when I consult with professional colleagues to gain greater insight and feedback for my work. If I consult on my work with you, I will not use your name or any information that can identify you. I will tell you in advance the names of the people I consult with so that you can tell me if one of them is a person you don't want me to discuss our work with. If you feel that I am in need of getting better information about a topic of concern to you, please let me know; I am always open to your suggestions and concerns.

I am away from the office several times a month for professional meetings and twice yearly for extended vacations. I will tell you well in advance of any planned absences, and provide you with the name and phone number of the therapist covering my practice. That person's name and number will also be on the outgoing tape of the answering machine.

### **Your Responsibilities as a Therapy Client**

I. You are responsible for coming to your session on time and at the time we have scheduled. If you are late, we will end on time and not run over into the next person's session. If you miss a session without canceling, or cancel with less than twenty-four hours notice, you must pay for that session at our next regularly scheduled meeting. The

answering machine has a time and date stamp which will keep track of time to cancellation. I cannot bill these sessions to your insurance. The only exception to this rule is if you would endanger yourself by attempting to come (for instance, driving on icy roads without proper tires).

II. You are responsible for paying for your session weekly unless we have made other firm arrangements in advance. My fee for a session, which usually lasts 45-50 minutes, is \$90.00. If we decide to meet for a longer session, I will bill you prorated on the hourly fee. Emergency phone calls are normally free. However, if we regularly spend more than 10 minutes weekly on the phone, or if you leave regular long phone messages, I will bill you on a prorated basis for time talking on the phone and listening to long messages. My fees may go up \$10.00 every two years, on the even year.

III. If you have insurance, you are responsible for providing me with the information I need to send in your bill. You must pay me your deductible if it applies and any co-payment. You must arrange for any pre-authorizations necessary. I will bill directly to your insurance company for you once a month. You must provide me with any forms, completely filled out as needed, your complete insurance identification information, and the complete address of the insurance company. If a check is mailed to you, you are responsible for paying me that amount at the time of our next appointment. If the insurance over-pays me, I will credit it to your account or refund it to you if you would prefer that.

IV. I am not willing to have clients run a bill with me. If you find that you are having a hard time paying for therapy, please discuss it with me. I have a percentage of slots in my practice reserved for lower-fee clients, and if one of those is open, I would make it available. Or, we may meet less frequently. If your financial circumstances improve, please let me know so that I could make the low-fee slot available to someone else. I cannot accept barter for therapy, nor can I take DSHS medical coupons. I am a Medicare participating provider and accept assignment from them. Any overdue bills will be charged 1.5% per month interest. If you eventually refuse to pay your debt, I reserve the right to give your name and the amount due to a collection agency.

### **Complaints**

If you're unhappy with what's happening in therapy, I hope you'll talk about it with me so that I can respond to your concerns. I will take such criticism seriously, and with care and respect. If you believe that I've been unwilling to listen and respond, or that I have behaved unethically, you can complain about my behavior to either the Examining Board for Psychology, Dept. of Health, Olympia WA 98504, or the Ethics Committee of the American Psychological Association, 750-1st St NE, Washington DC 20002-4242. You are also free to discuss your complaints about me with anyone you wish, and do not have any responsibility to maintain confidentiality about what I do that you don't like, since you are the person who has the right to decide what you want kept confidential.

## **Client Consent to Psychotherapy**

I have read this statement, had sufficient time to be sure that I considered it carefully, asked any questions that I needed to, and understand it. I consent to the use of a diagnosis in billing, and to release of that information and other information necessary to complete the billing process. I agree to pay the fee of \$90.00 per session. I understand my rights and responsibilities as a client, and my therapist's responsibilities to me. I agree to undertake therapy with Laura S. Brown, Ph.D. I know I can end therapy at any time I wish and that I can refuse any requests or suggestions made by Dr. Brown. I am over the age of eighteen.

Signed: \_\_\_\_\_

Client

Date: \_\_\_\_\_

Witness: \_\_\_\_\_

**7/18/89. Ref'd by Jean Hamilton, MD. Recently to area, in Bastyr, hx of severe depression and SI in 1988 and early this year. Planning to both teach and take courses. Taking Prozac and Xanax, also on heart meds. Mood stable at this time, s/w euthymic.**

**7/25/89 More hx taking**

**8/1 Saw client hx taking**

**8/8 saw client discussed my absence how she will cope**

**8/22 saw client issues re school, balance, meds working?**

**8/29 saw client school issues, ?PTS re stuff in MD**

**9/5 school issues**

**9/12 school issues, prof image, old pts issues**

**9/19 old pts issues**

**9/26 pts issues from MD**

**10/3 rels w/school people, pts issues**

**10/10 very depr due to bad xchange with old txist, SI**

**10/12 SI, depressed**

**10/16 SI continues, depressed, loss re old txist**

**10/18 SI continues, plans to go to Portland**

**10/20 tc from school faculty, CB psychotic and SI, they will drive back in**

**10/23 SI**

**10/24 SI**

**10/25 SI**

**10/26 SI**

**10/27 SI**



10/28 tc, SI

10/29, tc, SI. Threat to carry through if I ITA

10/30 SI, discussing safety plans

10/31 SI, safety plans

11/1 SI

11/2 SI- school contacts

11/3 SI, making contact w/friend from east

11/4 tc SI

11/5 tc SI

11/6 SI, plans for inpatient

11/7 plans for inpatient

11/8 inpatient, enraged at me

11/9, inpatient, tc

11/10 inpatient visit, s/w improved

11/13 inpatient, s/w improved

11/14 meeting w/parents, plans for safety and care

11/15 depressed, SI, much pts re MD

11/16 depressed, SI

11/17 tc depressed, SI, angry re parents in home

11/20 SI

11/21 SI

11/22 depressed, slight movement

11/23 tc depressed

11/24 tc depressed, enjoyed football on TV framed as good sign

11/27 depressed, SI

11/28 depressed, SI

11/29 depressed SI

11/30 depressed, SI. Willing to consider some exercise

12/4 depressed. Ate s/w better still strong SI

12/5 depressed, anger re meds and docs

12/6 SI

12/7 depressed, start to discuss my absence end of month

12/11 depressed, angry re my absence

12/12 depressed, SI

12/13 depressed SI

12/14 depressed SI

12/15 TC, angry re planned absence

12/18 plans for my absence, will tc x2/week

12/19 s/w less SI

12/20 solstice, attempting to do practice in positive manners

12/21 scared re my absence

12/26 tc numb trying to avoid noticing absence

12/28 tc depressed, angry

1990

1/2/90 tc plans re visiting friends?

1/4 tc depressed, SI

1/8 coping w/depression

1/9 coping issues

1/10 PTS re MD issues, SI back up

1/11 managing PTS, SI continues high

1/15 hard weekend, si up

1/16 struggles with "Failures"

1/17 continues re "failures" theme

1/18 fears re how close she is to edge, framed fears as positive sign

1/19 tc framed as positive that reached out

1/22 depression, PTS, "failures:

1/23 issues in rel w/S.

1/24 can't re relational issues, S., MJ

1/25 very depressed due to yesterday's discussion, trust issues up

1/29 exercising a little more. Still angry re parents in home, feels invaded

1/30 reframing current affect as sign of movement; still very depressed cognitions.

1/31 depressed

2/1 continue to challenge depressive cognitions

2/6 seeing positive impact of walking. Mastery issues

2/7 relapse into depression and SI, mastery issues evoke "failure"

2/8 CBT re cognitions

2/9 CBT re: cognitions

2/13 depressed, struggling to challenge self

2/14 depressed

2/15 mastery, failure issues

2/16 issues re MJ, has been obsessing re what happened

2/20 continue re MJ, how to deal with

2/21 SI up due to MJ issues

2/22 focus on self-care to buffer re: loss

2/23 self-care struggles

2/27 MJ issues

2/28 MJ issues, "failure"

3/1 "failure" cogitions

3/2 CBT re depressive cognitions

3/6 asking that I contact MJ. discuss risks, benefits

3/7 con't re MJ contact question, concerns re risks to minor stability

3/8 con't assess risks and benefits

3/9 struggling to do self-care in prep

3/13 rep'd did better w/self-care, many dreams re: MJ

3/14 "failure", the hospital, Sister C., S., MJ

3/15 "failure", dynamics w/powerful women

3/16 "failure", still struggling w/self-care

3/20 shared re appt tomorrow w/MJ, very scared

3/21 TC, LSB to MJ, latter clearly terminating relationship, have asked to write to CB re this. Not interested in hearing from her or about aftermath

3/21 discuss tc w/MJ, SI up

3/22 si, grief and loss, making room for grief  
3/23 grief, si  
3/27 grief, had hard weekend, struggling with anticipation of letter from MJ  
3/28 "failure" issues, fear of dependency and own needs  
3/29 "failure" issues  
3/30 focus on self-care as buffer  
4/3 letter from MJ arrived, read and process, grief, SI  
4/4 SI, grief, loss  
4/5 si, grief, loss  
4/5 grief, anger at MJ, confusion re: what happened  
4/10 issues re loss  
4/11 loss, grief  
4/12 loss issues. Notices positive changes from remedy  
4/13 discussion re meds vs remedy  
4/16 grief, but w/o major SI  
4/17 grief, relationship issues  
4/18 grief, relationship issues  
4/19 relationship issues  
4/23 plans re my absence  
4/24 plans re my absence  
4/25 plans re my absence  
4/26 plans re my absence

5/8 beginning to d/c meds, but holding sqa  
5/9 relationship dynamics  
5/10 relationship dynamics  
5/11 SI episode, ? trigger by rel dynamics issues  
5/15 si less powerful, dreams  
5/16 dreams re loss  
5/17 dreams re loss, trying to reframe  
5/18 review of progress, off meds, not worse, exercising, a little reading  
5/22 noticing changes, focus on strengths  
5/23 reframing self-image  
5/24 depressive relapse, hard to maintain changed cognitions  
5/25 struggling w/depressive cognitions  
5/29 tc to check in sqa  
5/30 sqa  
5/31 sqa  
6/1 planning for solstice, can she use spirituality for tx of depression  
6/5-8; met daily, issues re depression and self-care Discused application to SSD  
6/12-15, met daily, issues re depression and self-care  
6/19-22, difficult week, anniversary stuff re leaving MD  
6/26-29 week continues re annivesary issues, loss. Took MMPI-2  
7/5-8 anniversary issues, loss  
7/11-14 looking at what it means to be on disability, fear that she will and won't get it  
7/18-21 self-concept if not working, strugglin with loss of "doctor" self



7/25-28 met daily, self-concept as "disabled" learning to titrate affect

8/1-4 met daily, cont focus on loss of ID as "Dr. Brown"

8/8-11 met daily, plans re my absence, fears re loss of hard-fought stability

8/22-25 met daily, hard week in my absence but maintaining self-care

8/29-9/1 noticing changes in mood, ? anniversary/anticipation reactions

9/5-8 struggling with dip in mood, increased efforts at self-care

9/12-15 dealing with anniversary issues coming up; major losses in fall

9/19-22 stably depressed, SI reemerging but less obsessive, clear PTS issues re: anniversary

9/26-29 anniversary issues cont

10/3-6 met daily anniversary issues

10/10-13 met daily anniversary issues, ceremonies for loss

10/17-20 met daily noticing difference from last year, processing as strength/positive

10/24-27 SI returns due to correspondence from MD and TX re license

10/31-11/3 SI due to license issues

11/7-10 si re license issues, in contact w/attorney here

11/14-17 si changes to anger, more activated re protecting self

11/21-24 depressed but less SI this week, able to see changes in coping

11/28-12/1 week focuses on self-care and strategies for dealing w/licensing issues, terror of loss of ID

12/5-8 struggles with on-going loss

12/12-15 plans re my break, loss issues

12/19-22 plans re my break. Focus on self-care, how to turn over license case to attorney

1991

1/1 tx checkin

1/7-10 loss issues, depression, si, frustrationw/self

1/14-17 loss issues, fears re license loss then what to do

1/21-24 loss of ID, grief issues

1/28-31 loss of Id, fears re who is she if not doc

2/4-7 focus on self-care and building new ID

2/11-14 grief issues, loss of Id

2/18-20 plans for visit to friends, how to maintain self-care

3/3-6 process visit w/friends, noticing changes and hards spots

3/11-14 loss issues

3/18-21 loss issues re id as doc

3/25-28 self-care in the face of loss

4/1-4 met daily loss and grief issues

4/8-11 met daily loss and grief issues

4/15-18 met daily focus on self-care

4/22-25 met daily focus on self-care, loss issues

4/29-5/2 met daily self-care, expanding supports

5/6-9 met daily self-care issues, prep for my absence

5/13-15 met daily prep for my absence, self-care

6/3-6 struggles to cope while LB gone, self-care

6/10-13 loss, self-care

6/18-20 self-care, on-going struggles, despair

6/24-27 trying to cope, PTS re MD begins to surface in plans for trip

7/1 self-care plans for trip

7/9-11 processing trip, losses and strenghts

7/16-19 issues in old relationships, losses

7/22-25 met daily, relationship dynamic issues, losses

7/29, 8/1 -issues re loss, new strenghts and options

8/5-8 met daily, focus on self-care

8/12-14, met daily, self-care, self-forgiveness

8/21-22 self care, struggles against despair

8/26-29 met daily, loss and self-care issues

9/2-5 met daily, self-care issues, how to be with self as changed

9/9, 11, 12- progress in self-care. Fears re anniversary issues surfacing

9/16, 17, 19- struggles to maintain self-care, give self support for gains

9/23, 25- maintaining self-care, still fears re anniversary, using social supports

9/30, 10/2,3- self-care, support, taking in from others

10/7, 9, 10 holding steady with anniversary, sadness, review of progress

10/14, 16, 17- plans for birthday, how to celebrate self and life

10/21, 23, 24 birthday issues

10/28,30,31 birthday, wiccan holy day, how to reclaim what is important and present

11/4,6,7- self-care, broadening social supports

11/13,14- self care issues

11/18,20,21- self care, fighting despair

11/25,27 self care. family of origin issues, plans for my absence

12/4,5 self care connections with support, foo issues

12/9,11,12 self care foo issues

12/16,18,19 self care getting support, plans for my absence, first time no planned contact

1992

1/6,9- positive changes, although hard times during break, experiement with 2x/week

1/13,16 consolidating changes, letting losses go

1/20, 23 creating space for what is present, letting go

1/27, 30 continuing self-care, foo issues

2/3,6 self-care, connections in life, foo issues

2/10, 13 self-care, foo issues

2/17, 20 self-care , "the terrible secret"

2/24,27 self-care

3/2, 5 self-care

3/11, 12 identity issues

3/16, 19 identity issues, embracing current self

3/23, 26 identity issues. c/o fatigue ? happening

3/30, 4/2 strategies for embracing present

4/6, 9 identity issues

4/12, 16 foo, identity, plans for LB gone next week

4/27, 29 seeing positive changes in self-care

5/4, 7 maintaining self-care

5/11, 14 identity and self-care

5/18, 21 self-care

5/28 foo issues and boundaries of self

6/1, 4 foo issues

6/8, 11 identity, foo

6/15 consolidation, plans for LB gone

7/6, 9 feedback re self-care

7/13, 16 foo, self-care, identity issues

7/20, 23 review of past year, our anniversary, seeing changes

7/27, 30 foo, seeing changes

8/3, 6 the struggle to go slow

8/10 consolidation, plans for Lb gone

8/24 what means that med pays now, meaning of accepting. Experiment down to 1x/week

8/31 role balance issues

9/7 decreasing worry

9/14 decreasing worry, identity as worrier=care

9/21 reframing Id as care-er

9/30 identity issues

10/5 identity issues

10/12 anniversary, seeing changes, unfinished pieces

10/19 affirming changes

10/26 self-care, identity

11/2 relationships w/foo

11/9 boundaries of self, foo

11/16 foo, boundaries of self

11/23 self-care

11/30 self-care

12/7 self-care issues

12/14 consolidation plans for LB gone

1993

1/4, 6 crisis, articles in MD paper re her hx, what to do, major PTS, how to cope and use available support

1/11, 13 creating community

1/18, 20 worries re balancing obligations

1/25, 27 visibility, balance

2/1, 3 what makes world safe/unsafe

2/9, 11 decreasing sensitivity to outside world, boundaries to self

2/15, 17 managing vulnerability

2/22, 24 how to balance; rtw questions

3/1, 3 rtw questions

3/8 rtw issues

3/15 rtw issues, assessing own needs

3/22 being open-hearted

3/29 foo issues, boundaries of self

4/5 work identity

4/12 how to be happy

4/19 health issues

4/24 handling diffs w/friends

5/3 handling pain of others. prep for LB gone

5/24 parents foo

5/31 foo, boundaries of self

6/7 xperiements w.outreach

6/14 health issues

6/21 health issues

6/28 health issues foo

7/5 improved mood, rtw issues

7/12 rels on 28 bbl

7/19, 21 work on sleep disturbance w/self-hypnosis

7/26 , 28 sleep problems

8/3, 5 worrying and how not to

8/9, 11 health concerns

8/16, 18 health concerns

8/30, 9/1 worries re partner's health

9/6, 8 health concerns

9/13, 15 health issues re self and p., contact w/foo

9/20, 22 health issues, foo

10/4, 6 dealig w/parents moving, plus and minus

10/11, 13 health concerns

10/18 health concerns, improved mood



10/25 many questions re what are risks and benefits

11/1 health concerns

11/8, 10 not having to be in dis-ease in order to set limits

11/15 health concerns, own and partner

11/22 house issues what are risks

11/29 issues re moving to PT

12/6 health issues low energy continues will see doctor

12/13 depressed mood due to partner's health problems

1994

1/3 increased PTS due to Ma's illness, work re self as healer

1/10 acknowledging self as healer

1/17 dream re guilt re parents, homework, develop image of real self

1/24 increased health and mood, moving issues

1/31 moving issues health better

2/7 improved health moving issues

2/21 moving issues

3/16 life plans in PT

3/30 changes in response to issues from MD workplace emerging

4/13 being a healer

4/20 learning to be safe w/healer energies

4/25 being a healer

5/11 continue work on healer Id, how to be congruent and healthy for self

6/8 doing well, mood improved, but energy continues poor

6/22 CFIDS issues

7/6 health concerns

7/20 health issues, mood depressed

8/3 how to cope with increasing CFIDS sx

8/10 CFIDS issues

8/24 improved mood due to changes in self-care, but CFIDS persists as problematic

9/7 trial of Zoloft, increase energy, but very negative mood changes, will d/c

9/21 increased health problems, now with cognitive symptoms, will track these

10/5 health problems, cognitive slippage

10/19 health problems

11/2 improved cognition and mood w/new CFIDS meds, but concern re partner health

11/16 health issues

11/30 health issues, becoming more comfortable w/affect

12/14 health concerns, continuing problems w/energy and cognition

1995

1/5 depressed mood due to health, how to live with poor health

1/11 health issues

1/13 health issues tc

1/25 health issues

2/2 health and worry

2/6 cbt to decrease worrying

2/15 health issues

**2/21 health issues**

**3/1 cbt re worry**

**3/8 improved mood, using cbt strategies**

**3/15 planning for Nrc visit, pts issues**

**3/22 health issues, nrc meeting, pts issues**

**3/29 nrc issues**

**4/19 health issues, sleep problems, how to impact positively**

**5/3 health issues**

**5/9 health issues recent health problems**

**5/17 health issues**

**6/7 health issues trial of doxepin, some improved sleep**

**6/14 parent issues**

**6/22 parent issues**

**7/5 issues with parents, setting limits, no change w/meds**

**7/19 positive xperiences w/parents**

**7/26 continue process parents**

**8/2 setup EMDR re MD xperience**

**8/23 EMDR re MD trauma**

**9/6 EMDR re MD trauma, process affect**

**9/20 accepting love from others and self**

**10/25 EMDR re hospital experience**

**11/8 EMDR**

11/15 EMDR re loss of farm

11/22 EMDR re CFIDS

11/29 EMDR re CFIDS, image of fallowing field

12/6 EMDR re MRI

12/13 health fears re cyst and the future

12/20 health fears

1996

1/10 sleep improvement

1/24 EMDR re CFIDS

1/31 EMDR re CFIDS

2/7 heartbreak image, EMDR

2/14 EMDR, self forgiveness and forgiving S

2/21 EMDR accepting what she can and cannot do

3/6 EMDR ok to get attention, ok not to overwork

3/13 EMDR

3/20 health issues CFIDS

3/20 EMDR CFIDS as spiritual positive/gift

4/3 health issues

4/10 health issues, surgery, improved mood and well-being that that problems id'd

5/1 health issues

5/8 EMDR re need to be w/earth

5/15 dealing w/absence

5/22 health issues

**6/19 increased cognitive difficulties due to CFIDS**

**6/26 dealing with cognitive changes, loss, fear**

**7/3 health concerns**

**7/10 EMDR re health**

**7/17 EMDR, health, self-forgiveness**

**7/24 health issues**

**7/31 EMDR re forgiveness**

**8/7 EMDR re accepting own time and place**

**8/21 EMDR re being what she is not what she cannot be**

**8/28 EMDR accepting what is**

**9/4 foo illness issues**

**9/11 mother's death issues**

**9/19 health issues**

**10/2 positive encounters w/father**

**10/16 mother's death issues**

**10/23 processing mother's death**

**10/30 very ill, hard to track**

**11/6 griving for mother**

**11/20 grief issues**

**11/26 CFIDS, grief issues**

**12/4 health issues, putting cognitive screen/container around affect**

**12/11 health issues**

12/18 end of year review; continue to focus on health, self-care.

1997

1/15 health issues

1/22 health issues

1/29 bringing father to PT

2/5 boundary issues w 1 - Mental ... good self-care

2/12 EMDR prep, image of fallowing field

2/20 EMDR re fallowing field

2/27 meaning of illness

3/6 health issues

3/11 tc re finding JH for lawsuit

3/12 health issues

3/19 self as healer; how to know emotionally

3/26 sadness, how to see that is possible when "knows" not possible

4/9 accepting self as healer, what that implies

4/16 fear of being healer/hurting people

4/23 learning to be ok w/limits on what she can give people

4/30 accepting what she can do and can't

5/7 learning to tolerate helplessness

6/3 being open to receiving/learning to ask

6/4 concerns over rel v 1 - Mental ... wants me to consult w/her re: C

6/11 dealing 1 - Mental ... issues

6/18 new issues re healer self. Boundaries v 1 - Mental ... filter, body armor image

6/25 emergency tc session re 1 - Mental ...'s terror that she will not come

6/27 emergency tc session re rel c 1 - Mental ...

7/2 on not being the "great cosmic tit", embracing own humanity

7/9 embracing child inside, protection

7/11 dealing w/issues w 1 - Mental ... & PB. Boundary problems.

7/16 learning to relate to O, grief re loss of knowledge of childhood normalcy

7/18 new issues re healer self, boundaring, filter w/diamond image

7/23 issues dealing with need in rel to 1 - Mental ...

7/30 increased comfort w/needs, boundaries, imperfection

8/5 learning to care and not worry, worry not = care

8/6 beliefs re worry

8/12 issues in rel to 1 - Mental ... how to be clear re whose needs are whose

8/26 EMDR re compassion for following

8/27 learning to practice compassion

9/2 accepting disabilities

9/3 anxiety re knowing what she knows

9/8 staying in good reality as healer

9/10 doing self-care

9/15 healer role issues

9/17 relationship and role as healer

9/24 continuing w/self care issues

10/1 self-care in relationships



10/8 church, mother issues

10/14 crisis tx call re 1 - Ment... 3

10/15 supporting 1 - Ment... in crisis

10/17 re 1 - Ment... crisis

10/22 getting care in prep for dep

10/29 emotional prep for dep, revisiting MD trauma

11/5 self-care

11/12 coping w/increased physical illness issues

11/19 illness issues

11/26 health and illness issues

12/2, relationships, health

12/3 avoiding resentments, learning its ok to say no

12/9 continues to struggle w/internal boundaries

12/11 tc re concern re 1 - Ment...

12/17 plans to confront, deal w/ loss of MJ. Is she ready for this.

1998

1/3 tc worries re SSA and rel probs w 1 - Ment...

1/7 depressed mood over break, relationship issues w 1 - Ment... Boundary issues

1/9 tc boundaries re 1 - Ment...

1/12 SI re 1 - Ment..., some delusional thinking. Self-medicating w/ Klonopin, unable to contract for safety. TC x 2 in addition to session. TC w/P re keeping 2 - Name... safe

1/13 tc SI re 1 - Ment... increased again. Sleep and eating disturbed, is medicating self into sleep and inactivity. P. continues to watch round the clock. TC x 2 in addition to session, checking in, trying to engage in agreement to stay safe.

1/14 inner self-care work, trying to engage self-care for inner child, see self as capable of surviving problems w/ 1 - Ment...

1/15 tc session

1/19 SI increased, self-medicating.

1/20 SI, as above, continue with regular phone and email contact

1/21 SI as above

1/22 SI as above

1/23 SI as above

1/24 SI as above

1/25 SI as above

1/26 SI, willing to consider meds instead of self-medicating. Somewhat more engaged. Able to identify anger a 1 - Ment... re her treatment of C. Anger at me re: not confronting relationship

1/27 SI

1/28 being responsible to self, not abandoning self in pain, focus on self-care over compliance w/others. Preparing letter to 1 - Ment... trying to set boundaries of relationship

1/30 TC session from GA, SI has increased again in response to 1 - Ment... response to her letter, focus on responsibility to relationships w/others and to herself, not to abandon self because she hurts.

2/2 conference w/ KrisKnox re meds, SI continues but less psychotic

2/3 SI

2/4 SI, but willing to do meds

2/5 TC check-in, doing s/w better

2/9 pos response to meds. No psychotic thought processes, depression lifting. Is not comfortable w/anti-psychotic meds, will continue w. Serzone

2/10 pos response to meds, more clear, responsibility to self

2/11 self-care, SI greatly diminished, still fragile, focus on go slow and self-care.

2/18 issues re LB and L. 1 - Ment... has approached 2 - Name... re: our difficulties. 2 - Name... requesting that I reconcile w/ 1 - Ment... is unwilling to return for tx until this happens. Describes self as "sane" and stance that "1 - Ment...; right." I agree to attempt this.

2/25 CB here as "psychological bodyguard" to 1 - Ment... waived session time in favor of 1 - Ment... Continues insistent re: reconciliation. C informs me that she will be sending any and all communication from me to 1 - Ment...

3/12 Session. CB very angry that I "continue to treat her as a client" bec I inquired into her well-being and mental state. I clarify that I continue to see myself as her therapist; she responds that until I reconcile w/ 1 - Ment... that any attempts to treat will be "coercive." Very angry that I am not responding to 1 - Ment... enough.

3/24 email to C from me re: the letter to SSD, as information to her re followthrough.

4/27. Very angry email re: what is happening w/me and 1 - Ment...

note to file: while I was in PT visiting 1 - Ment... C. came over to 1 - Ment...s home at 1 - Ment... invitation and became very active in the interaction.

6/7-9 emails re 1 - Ment... I clarify that I'm setting limits w/ 1 - Ment... and my process. C very angry re my treatment of 1 - Ment...

6/9 I called C at home, ended up talking to P re how C is and my stance. C. emailed later, angry that I had done this.

6/10-11 I email to C, confronting dynamic w/ 1 - Ment... She is very angry in response, retains her stance re 1 - Ment... is right and that's where she will stay.

6/11 consult w/Ken Pope re: this dynamic. His advice; to separate out relationship w/C from 1 - Ment... ssues, refuse to allow this agenda. To consider no further contact w/ 1 - Ment...

6/17-28; various emails w/C in which I set limit stance. She refuses this, reports that anything I do to/w/ 1 - Ment...s something done to/w/ her and adamant that she is not merged.

6/30-7/12 I work on a letter to C, clarifying my stance, offering tx or referrals. Assistance from Ken Pope, David Summers, Melba Vasquez, Lynne Bravo Rosewater. Letter sent 7/12

12/23 I am informed by Gary Reed, Board investigator, that unnamed complainant is C.

1/6/99. TC with Gary Reed. We will having a meeting at Rollie Hofstedt's office on  
1/21/99.

Comments in brackets are my responses to [2 - Name ...]  
questions

Date: Wed, 3 Sep 1997 20:48:20 -0700  
To: "Laura S. Brown" <lsbrown@compuserve.com>  
From: [2 - Name - Whistleblower Regarding Health Care Provider or Health...]  
Subject: Re: Nonurgent....I need an objective third opinion....

Thanks for the help. I just got an email from her in which she basically refused to accept my apology (saying that it didn't seem as though I was connected with what felt bad, and in which she refused to discuss the power thing because she thought we'd already talked about it enough (?) and that I should know.

>Something's going on, is what I think, that is about neither you nor me but  
>both you and I are getting on the receiving end of it.

Oh. Sorry you're catching it too. Guess that's almost a given, isn't it?  
If she's blowing up at one of us, she's usually blowing up at both of us.

Trouble is, I truly believe that she can't help this stuff. Do you think she can help it?

>I guess the first important question is, what power? Not a question to ask  
>her, in this moment, but to ask yourself. And second, how would what you  
>did constitute abuse with anyone else? If the answer is, "it doesn't" then  
>you need to see this as something going on that is not yours, and that she  
>probably cannot hear about being not yours just now.

This helps. It's really hard for me to imagine how reading a book could be an abuse of power for anyone, in these circumstances. I wish to hell I knew what she was talking about.

>I'm sorry this is happening to you. If this feels not ok to you to be  
>engaged in, you have every right to not be in it. While you do healer  
>things with [1 - Mental...] you are also her peer and her friend, and it's one  
>thing for someone in the healer role to get all this; quite another for a  
>peer and a friend.

Well, I know this, and that's what makes it complicated. I wouldn't take this kind of abuse (and I do feel that she's quite abusive at times) from anyone else on earth. Not for a skinny minute. But she kinda has an exemption from the usual rules in my life. I don't think, overall, that she's harming me. She's hurting me a lot, but you've taught me to make the distinction between harm and hurt. And if I look back at the huge leaps I've made toward becoming whole I've made since she's been in my life, there's no doubt that she's been an incredibly powerful catalyst for me. I just wish it didn't have to be so painful. Argh.

Licking my wounds here and lying low.

Thanks.

**Date:** Mon, 19 Jan 1998 13:36:56 -0700

**To:** "Laura S. Brown" <lsbrown@compuserve.com>

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Heal...

**Subject:** More on the blast....

1 - Mental...; blast has deepened my despair a lot. That she could do that knowing that I am suicidal and on the edge, tells me that she doesn't love me at all and that she cares nothing for me and doesn't care if I die.

So I've lost that relationship.

Please do all you can to protect me from more of this from her.

Took aurum. Not working anymore.

No good here.

2 - Name - Whistleblower Regarding ...

Date: Mon, 5 Jan 1998 14:23:35 -0700

To: 71643.3173@compuserve.com

From: 2 - Name - Whistleblower Regarding Health Care Provider or Heal...

Subject: Stuff I need to talk to you about re: Louisa

Am writing this all down in order to organize my thoughts, because it's all very confused in my head.

After this most recent blow-up and the subsequent estrangement lasting for 4-5 days, I became very depressed and despairing. Didn't function very well. Psychomotor retardation. It was a little alarming. Phoenix and Marilyn were interested in calling your back-up. I wasn't, of course. (grin) (no point in spoiling a perfect record)

Part of the reason I hit the skids was the emotional impact of the blow-up itself and the subsequent estrangement and dislocation. It was very strange suddenly not having <sup>1 - Mental...</sup> in my life, and not knowing if she ever would be again, because she was making very serious threats to "terminate" me again. She does every time we have a blow-up. Tends to keep me on edge, to say the least.

The other part of the reason was that I started to realize and admit some things that scared me badly. I realized that there are a number of things about this relationship that might not be healthy for me and therefore might mean that the relationship isn't viable for me anymore. As Phoenix said, I'm too healthy to stay in a bad relationship and not healthy enough to behave in a way that would help it not to be bad. Extremely terrifying thought...both for myself and for the impact that would have on <sup>1 - Mental...</sup> which doesn't even bear thinking about. So I really went into a tailspin, and I really need for you to help me sort these things out and find a way that the relationship CAN be healthy and viable for us both.

This most recent blow-up started because I was somewhat reluctant to commit to coming over to their house on xmas day. I wasn't appropriately enthusiastic about it. She told me that I was being reluctant and that she thought I was hardening my heart to Belinda, Thelma and Megan. This pushed any number of my buttons and I got very upset and cried and tried to explain myself, and got nowhere. As always.

One of the reasons that I was reluctant was that I couldn't bear the thought of being around Olivia while she was being a wild and happy kid opening presents. And I also couldn't bear the thought of the mayhem in general. It just takes too great a toll on me. When I tried to tell her this tactfully, she said that I was "used" to Olivia and that it must be my reluctance to open up to B, T and M because I didn't want to share her with them, etc. Drove me right up the wall.

The other reason was that Phoenix and I cherish our tradition of spending xmas day working a new jigsaw puzzle, being very quiet, and listening to really good xmas music on NPR, PBS and the classical radio station. We've done that every year, and we love it. We weren't thrilled about giving it up, or by the assumption that we would give it up. I had told <sup>1 - Mental...</sup> about it several times. And I had already suggested that we would come over for



a little while in the afternoon (because we realized that certain things were kinda obligatory if we were gonna be part of the family) so that we could do both....be with them and preserve our tradition. She didn't like that either....though I don't remember if I mentioned it during the actual blow-up or not.

So this brings up the first problem area that I'm concerned about:

1. It is sometimes just utterly impossible to talk to <sup>1 - Mental...</sup> and be heard. She insists that that's not true, but it is. When she starts confronting me with stuff and accusing me of stuff, I get very confused and frightened and I can't hold my own. I can't marshall my thoughts and talk cogently. I just decompensate. Plus....she just doesn't want to hear some things and won't hear them. And she won't hear that she frightens me. I've tried and tried to tell her that, and she just won't have any of it.

In an angry email to me 4-5 days after the blow-up, she said that she was not willing to work on issues that \*I\* decided that she needed to work on, that she thought it came down to who was getting hooked and acting out, and that if I couldn't trust her perceptions on that then she didn't think we had a place to relate from at that time.

Which brings up another big issue:

2. It seems to me that only HER perceptions get to be valid. I can have valid perceptions only if they don't conflict with hers. If there is a conflict, hers win and I'm supposed to accept that, always. This is a profoundly unhealthy situation, if I'm perceiving it correctly.

And still another big issue;

3. She has stated repeatedly that she's not interested at all on working on her own issues within our relationship. She doesn't want to have to do much processing within our relationship. I take this to mean that I have to accept her just as she is....that's she's not willing to change anything or even to discuss changing anything about herself. Yet she is unwavering in her demands that \*I\* change profoundly. Now I realize that I have a LOT of stuff to work on, and I'm peddling as fast as I can with it. But so does she....things that make it very hard for me to relate to her. So how can this be healthy for me?

And yet another big issue:

4. She has stated that she will not listen to anything from me but ownership. I take that to mean that I have no voice except to say that I'm at fault. I have no way to try to explain myself...never have had.

She has stated the following things in email: that this is a repetition of many destructive patterns that I've been doing since the beginning of my relationship with her; that I've used her and you (in different roles) to set my emotional and anger boundaries for me because I don't set them myself (I don't have a clue what that means), and to do my insight work for me so that I don't have to learn at a deeper level. She says that I've used

her to work through a whole lot of my stuff and that I've done it in ways that are real destructive to her. She said that I seem to be determined to destroy our relationship.

She says that I have a mix of very deeply rooted issues around dependency and anger, which I am disowning so fully that I'll go to any length to prove that those things are coming from her.

She says that I have a cycle of dumping on her to avoid taking responsibility, then being smug, then feeling better, all at her expense.

Well, her perceptions are usually valid, but not always. She IS fallible, and she's not always right.

Take for example the business about being smug. She accuses me over and over of being smug, and I don't know where that comes from. One thing I'm not with her, EVER, is smug. I don't have a single thing to be smug about. The idea is beyond imagining to me. I don't know what to do with her conviction that I dump on her and then feel smug about it. Nothing I can say will change her mind. She won't believe me.

And I also have a real different experience of what happens when we have a blow-up. She believes utterly that it's always the same cycle: that I dump on her, get all smug about it, and then feel better. What REALLY goes on with me is that I get very upset, hurt, confused by her accusations and frustrated at being unheard. Then I try to process it by myself, and sometimes with her. Then I try to let go of it, rise above it...try to be pleasant and friendly again so that we can get on with the good parts of our relationship. What she insists is happening with me just isn't. It's like an alternate reality.

Which brings us to another big issue:

5. She seems to believe that I provoke these blow-ups deliberately, that I have control over whether they happen or not. She seems to think that if I wanted to, I could behave so that we never had blow-ups.

God, I wish this were true. Our blow-ups usually blind-side me. I usually have no idea what I did or said to provoke her. And most of the time I simply cannot understand what she's trying to say to me. She talks in psych jargon and lingo that I am not able to intuitively understand. You have never talked to me that way...you've always talked to me in standard English.....so I don't know her language. This is a huge barrier to understanding. All I get is that I'm being accused of terrible things, and she comes in so hard and fast that I feel like I'm gonna be roadkill if I don't get my defenses up plenty fast.

She also says that I've gotten things way unbalanced between us by trying to help her so much. She says that I do that in order to avoid looking at my own dependency shit, or something like that. I didn't understand. I thought that the one place that I was OK was in the place where I'm nurturing her. Apparently this isn't even true.

I know very well that I have plenty of core issues to work on and I've

demonstrated my determination to work as hard as I can, as fast as I can. I don't know what else I can do. She won't tolerate any more blow-ups.....I'm sure to provoke more before I get "fixed."

Other issues have to do with the lack of equity in our relationship, that I talked about in that other email I sent you while you were on vacation.....all the things that are OK for her to do, but not for me to do.

Plenty of stuff that's unhealthy for me, unless I'm reading things wrong. Please tell me that I'm reading things wrong.....

Gawd. I sure don't look forward to talking about all this stuff with you. But it's gotta be done. My relationship with <sup>1 - Mental...</sup> aside, I just don't want to be stuck in this same place for the rest of my life. I want to get whole.

Thanks for being there.

2 - Name - Whistleblower Regarding Health ...

Date: Sun, 1 Feb 1998 18:37:35 -0700  
To: "Laura S. Brown" <lsbrown@compuserve.com>  
From: 2 - Name - Whistleblower Regarding Health Care Provider or Heal...  
Subject: Sunday evening.....

I'm doing very badly here. It's about 6:15. I suppose you're over the Rockies somewhere. And I don't want to talk to you tonight. It's not that. It's just that I'm staying right on the edge here, forcing poor Phoenix to hang real close, as in not being comfortable with me downstairs if she's upstairs and such.

I need to be drugged into oblivion for the short term. And I have insufficient drugs for that, I think. I was trying to not take percocet for a few days, since I've developed some tolerance to it and am uninterested in escalating the dose. But that's the ONLY drug that gives me any semblance of PEACE. None of the others do anything except make me a little sleepy so I can sleep for some hours, more or less.

Questions keep coming up for me, having to do with me and you.

Twice I've expressed concern to you about your difficult position between me and 1 - Mental... and have asked if you're feeling pretzeloid trapped between us. I've expressed concern and insecurity about this and you've never responded. Are you going to feel like you have to make a choice between us? I need to know this.

Early in my relationship with 1 - Mental... said that she said that she was uninterested in working on herself within our relationship and you accepted that without question, giving me the message that that was OK. It was NOT OK for her to demand incessantly that I change and work on myself within our relationship and while she refused to be confronted about any of her stuff. Why did you let that slide? Why did you let me think that had your blessing?

Early in my relationship with 1 - Mental... when she was having screaming fits at me (during which you say she's switched and she says she's not), and later when she stopped doing that and limited herself to yelling at me....why didn't you tell me that I was in an abusive relationship? Why did you let me stay in that situation without comment? Or did you comment and I don't remember?

Why, when I agreed to that horrible thing wherein I was utterly silenced and she was the only one who got to talk and have valid observations and I was supposed to say nothing... WHY did you let that stand? Why didn't you object to that? Why didn't you protect me? Why didn't you say that that was utterly fucked for me to be silenced like that?

I feel like my relationship with 1 - Mental... has been becoming increasingly lethal for me over recent weeks and I don't feel like you were intervening enough. Maybe I'm being unfair. Maybe there are things I don't know about. Maybe I'm being an asshole. But I need to KNOW.....

I knew I was taking a horrible risk when I made the conscious decision to

keep my heart wide open to <sup>1 - Mental...</sup> right up to the bitter end. I knew that I could lose her in a hundred ways, but I kept my heart wide open. And now I have lost her, while my heart was wide open, and all the millions of deep and convoluted connections that we managed to make in a year's time have been ripped violently apart, and I'm left here with a gaping, hemorrhaging giant wound in my chest.

I'm not sure I've got you. I've lost <sup>1 - Mental...</sup> I've got Phoenix and she's a mighty force, but I'm not sure she's enough unless I have enough left inside me. And right now the pain is reaching the "nothing matters but the pain" level and I'm in serious trouble, Laura. I'm sinking fast.

I hate to ask you to call me when you get in because I know you'll be exhausted and jet-lagged. But it might not be a bad idea if you're up for it.

2 - Name - Whistleblower Regarding Healt...

**To:** "Laura S. Brown" <lsbrown@comnuserve.com>

**From:** 1 - Mental health information, Adults - Information and records compiled, ...

**Subject:** Re: Message from Internet

**Date:** Tue, 9 Dec 1997 12:10:46 -0800

There's NOTHING to say to that except it is just plain STUPID. OBVIOUSLY I am dangerous. I HAVE PUSHED THERAPISTS WHO GOT IN MY WAY OUT OF THE WAY AND I HAVE PUT MY HAND THROUGH WALLS AND IT WOULD BE EASY FOR ME TO TRASH SOMEBODY's office if the stakes were high enough.

This is an email I sent to 1 - Mental health informatio... in January, 1998

**Laura S. Brown**

**71643,3173□□** 1 - Mental health information, Adults - Information and records compiled... **am exhausted. Fell into bed, and then could not sleep, because I am haunted by your words to me in the last seven months. And by the sound of your voice calling me a motherfucker on the phone. Last week, not for the first time.@b**  
**Seven months I have in this computer on file. How I am the worst betrayal. How I am a rapist. How I am worse than Helen.@b**  
**The cumulative force of it hit me like a blow. I cannot sleep for the pain.@b**  
**What have I been doing being a target for this sort of verbal abuse? I know you are in pain, but does that make any of this ok?. How have I gone along with making it ok that you call me these names? What kind of relationship am I having that I am letting someone I care about deeply call me a motherfucker?**



To: lsbrown@comruserve.com

From: 1 - Mental health information, Adults - Information and records compil...

Subject: I'm furious at you

Date: Thu, 29 Jan 1998 21:26:07 -0800

Laura, you apparently ok'd 2 - Name... horrendous letter to me. Fuck you. It is as bad or worse than her worst crap. It is angry, accusatory, and did not even beg to hear my letter to her, or deal with what I asked. I am not intersted in her take on what happened "between us." I am sick of her thinking she knows, when she is so wrapped up in projection. I am sick of her hurting me and then doing more accusing. You say you have worked with her. Then why did you letter her get away with this. And she says "Laura didn't understand what your letter meant except that you were mad because I was suciidal?"

Goddam you, Laura. You need to be telling 2 - Na... one thing, as far as her relationship with me, that she has done great harm, that I am very hurt, and that she needs to start ONLY with listening and owning. I am NOT interested in Justification. I am intersted in a amends process or responsibility process where she starts taking responsibility for the patterns that have gone on for months. I am intersted in her asking more about what I mean if she doesn't like something, not telling me I am evil for saying it.

Goddam you. If you OK'd this, then all of what has passed between us this week is a farse. And cindy is driving me into the fucking ground, and you are going to let her, rather than say, 2 - Nam... you need to face what you have done with 1 - Mental... and start there.

It's the same old thing, her trying to make me the one to change. AND change into her projections, instead of seeing me to start with .

THis has made me crazy.

I thought you would not let this happen.  
You should never have let her sent that.  
Now my rage at her is REALLY out of control, and you too.

Why can't you say, 2 - Nam... you are not hearing> 2 - Nam... you are damaging.

By the way, she lied about emails to you. I told her I felt she should control what she sends you that she writes to me, meaning I would not forward her mail. I NEVER gave her permission to send my mail to her to you. NEVER> that is wrong, wrong, wrong, wrong.

I want out of this. Go spend 8 more years with 2 - Name ...his is hurting me over and over, and there is NO remorse, NO REMORSE in that woman. She is so so borderline ad narcissistic.

My hurt is fucking shit on, one more time.

What RIGHT does she have to tell me about my fantasies? I am not th one who is psychotic here. And what RIGHT do you have to support her in that?

To: lsbrown@compuserve.com

From 1 - Mental health information, Adults - Information and records compile...

Date: Fri, 30 Jan 1998 20:10:43 -0800

hatred hatred that wants to hurt you, physically, hatred that wants you to feel what you have made me feel hatred that wants to smash your face into the wall so you will see so you will get an idea what you have done and still you wouldn't because you have not been in my position, because you are not capable of anything but defending yourself as if you are holy you jewish cunt it will not matter what happens when i die you and cindy can have your little illusion of how wonderful each of you are and having triangulated me you will both be gratified and it will be so much easier. you cannot admit the harm you have caused and that is wrong wrong wrong all i have is words fucking words my pain is horribly bigger than this body this world, and it has to be= forced into words i cannot do this in words but you control that too of course so here are my words i hope they hurt a small small amount of what i do

you are ugly worthless, liar  
you are everything your father said

because you know what, what you are DOING WITH ME IS LIVING OUT MY PARENTS  
HATRED TO ME AND THEIR DESTRUCTION OF MY SOUL

AND ALL I CAN DO WITH YOU IS FEW WORDS.

I AM DYING

AND MY SIN IS STAYING SO ADULT SO LONG  
AND NOW WHEN I DON'T THERE IS PUNISHMENT AND SHAMING FROM YOU AND CINDY

SO IF THESE WORDS HURT YOU JUST GET , GET IT LAURA, THAT YOU ARE DOING WHAT  
MY PARENTS DID BOTH YOU AND 2 - Name ... HAVE USED ME

To: "Laura S. Brown" <lshbrown@comnuserve.com>

From: 1 - Mental health information, Adults - Information and records compile...

Subject: Re: Failure to soothe you

Date: Fri, 30 Jan 1998 20:04:22 -0800

IT'S CLEAR TO ME NOW HOW YOU HAVE MODELED AND TAUGHT 2 - Name -... HOW TO BE  
CRAZY  
AND ACT AS IF YOU ARE BEING 'NICE'

AND HOW TO USE THE SICKEST POSSIBLE POWER TRICKS TO DISEMPOWER SOMEONE,  
THEN MAKE THEIR PAIN THE PROBLEM

YOU SICKEN ME. SHE SICKENS ME.

THIS WEKEND/ THIS WEEKEND? you think this is something for THIS WEEKEND?  
YOU CALL 2 - Name -... AT 5 IN THE MORNING, BUT WHEN IT IS ME, AND CAUSE DBY YOU  
YOU SAY THIS WEEKEND? WHEN IT IS 2 - Name -... YOU TELL ME AND US WE ARE HER  
EXTENDED FAMILY AND YOU DEMAND WE RALLY AROUND AND PUT GUILT TRIPS ON US  
WITH OUR LIMITS, EVEN THOUGH I AM BEING TORUTRED BY 2 - Name - W... DEATH OVER MY  
HEAD

BUT WHEN IT IS MY SUICIDE YOU SAY, "" SOMETIMES THIS WEEKEND? YOU MOTHER  
FUCKER HOW MANY TIMES CAN YOU FUCK ME OVER HERE; HOW MANY TIMES CAN YOU  
ENACT PERSECUTOR AND HER VICTIM THEN YOU VICCIM OVER AND OVER

I NEVER SCREAMED TILL NOW. I NEVER PLAYED INTO PERSECUTOR OR VICTIM I HAVE  
STAYED ADULT TLL NOW AND YUOU ARE EXPLOITING THAT TO MY DEATH.

I HOPE HPOE HOPE THAT MY DEATH HAUNTS YOU AND MAYBE BEFORE YOU DIE YOU  
WILL GET WHAT YOU HAVE DONE HERE

This is how Dr. [1 - Mental health...] responded to my attempts to be comforting to her. Lines with brackets are my writing to her

To: "Laura S. Brown" <lsbrown@comnuserve.com>

From: [1 - Mental health information, Adults - Information and records compile...]

Subject: Re: Failure to soothe you

Date: Fri, 30 Jan 1998 20:04:17 -0800

>When I hear a child terrified because they think they are seeing a monster,  
>my impulse is to say, sweetie, take another look, it's not a monster, it's  
>a stuffed animal. Not to invalidate reality, or confront, to soothe.

>

>So I came from there. I missed. I am sorry.

>

>I did not call back when you got off the phone because I would have had to  
>get off in five more minutes anyways. I will try to find the time to call  
>you over this weekend. I may need peace in my life, but not at the expense  
>of your well-being.

oh god HOW COULD YOU DO THIS MORALISTIC PREACHY THING  
YOU CONDEMNED ME TODAY FOR NEEDING YOU. YOU CONDEMNED ME LAURA. YOU  
THINK  
THIS PIOUS STUFF NOW IS BELIEVABLE

YOU HAVE NO RIGHT TO TALK ABOUT MY WELLBEING WHEN YOU HAVE TRASHED ME IN  
SO  
MANY SO MANY WAYS, AND NOW HAVE TAKEN OVER CONTROLLING EVEN MY  
RELATIONSHIP  
WITH [2 - Name -...] ALL ALL ALL ALL ALL FOR [2 - Name - W...] PROTECTION

>

>I know that you do not believe me when I say that I have been doing all I  
>can for months to use my power with Cindy to be protective of you, because  
>the results have been so paltry. I only know that I have done so  
>consistently, with everything you ever told me in mind.

\* YOU DID WHAT FIT YOUR LIMITED PERCEPTIONS WITHOUT LISTENING TO ME. YOU  
REFUSED FOR MONTHS AND MONTHS TO DO WHAT I SAID I NEEDED YOU TO IN ORDER  
FOR ME TO BE MORE PROTECTED. YOU WANT TO THINK THIS, BUT IT IS NOT TRUE.  
YOU TRIED "SOME THINGS" OTHER THINGS THAT HAD A CHANCE OF WORKING, NOR  
THINGS SHE CARRIED OUT, AND YOU DID NOTHING, NO CONSEQUENCES FOR HER BEATING  
ME UP OVER AND OVER.

AND IF I WERE THE CLINIC, I WOULD INSIST YOU STOP THE RELATIONSHIP WITH  
HER. BECAUSE IT HAS HARMED ME, THROUGH YOU, AND YOU THROUGH IT, SO  
HORRIBLY; A WORSE NIGHTMARE THAN HELEN \

HIT HIT HIT DEATH DEATH DEATH

BUT YOU WILL CONTINUE TO PRIVILEGE HER AND CONDEMN SHAME AND BEAT ME UP  
FOR  
NEEDING ANYTHING OR FOR EVEN HURTING OR TRYING TO TAKE CARE OF MYSELF WITH

[2 - Name -...]

**IV**

**AND YOU WANT TO MAKE ME CRAZIER AND CRAZIER ? PRETEND LIKE I AM THE ONE WHO IS CRAZY HERE. I HELD OUT AS LONG AS I COULD**

**'I AM SLAUGHTERED, AND YOU AND 2 - Name ... TOGETHER NEED TO LOOK AT THIS; IT IS FUCKING WAY PAST TIME FOR YOU TO HAVE BEEN PROTECTING HER FROM HERSELF, ME, YOU AND THE WHOLE WORLD,**

**MY RESENTMENT HAS TURNED TO HATRED FOR YOUR ROLE WITH 2 - Name ...**

**STOP ACTING SO PIOUS, LIKE YOU ARE THE VICTIM. YOU WERE IN THE POSITION OF POWER HERE, AND IT IS A LIE YOU HAVE BEN LISTENING TO ME. SINCE THE VERY FIRST, YOU HAVE REFUSED TO LISTEN TO ME. ONLYU LAST WEEK DID YOU START TO SEE IT.**

**ADN YOU ARE PUNISHIG ME FOR ALL THAT**

**YOU SUPPORT 2 - Name ... RAPING ME, YOU HAVE AL ALONG, YOU WANT ME TO THROW AWAY ALL MY REPEATED EXPERIENCES AND TRUST THE SAME SHIT I HAVE HEARD ALL ALONG, AND YOU BEAT ME UP FOR SAYING STRAIGHT WHAT I NEEDED, AND MADE ME INTO THE NARCISSISTIC ONE.**

**NO YOU MOTHER FUCKER, DONT YOU DARE THINK YOU H AVE THE RIGHT TO SOOTH. YOU HAVE SOLD ME AWAY. AND YOU START WITH LOOKING AT HOW. YOUR SOOTHING, IN THIS CONTEXT, IS DISGUSTING DISGUSTIG.**

**BLKODD BLOOD BLOOD**

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 1 - Mental health information, Adults - Information and records compile...

Subject: Re: Failure to soothe you

Date: Fri, 30 Jan 1998 20:04:11 -0800

>When I hear a child terrified because they think they are seeing a monster,  
>my impulse is to say, sweetie,

LIAR, YOU TOLD ME ALL YOU DO IS TAKE CARE OF ME. LIAR LIAR LIAR YOU KNOW THAT IS MY LEGACY OF SELF DESTRUCTION AND THAT IS WHAT YOU SAID; AND I HAVE CUTS ALL OVER MY ARMS FROM THAT. YOU ARE SHARP MAN THERE IS NO NO DIFFERENCE. YOU ARE BEING HIM NOW. AND LYING ABOUT IT

THEN YOU TOLD ME I WAS WRONG IN MY UNDERSTANDING OF 2 - Name ... NO GODDAMMIT; I UNDERSTAND HER BASED ON MY EXPERIENCE. YOU CANNOT GET THAT LAURA, THAT I HAVE BEEN HARMED HARMED HARMED BY LISTENING TO YOU AND SHE, WHO WERE BUSY TAKING TO EACH OTHER ABOUT ALL OF IT, AND TRUSTING OVER AND OVER. YOU ARE THE ONE WHO IS BLIND. BUT YOU HAVE NOTHING TO LOSE, BECAUSE YOU ARE THE THERAPIST HERE, AND HAVE THE POWER. AND YOU HAVE IT WITH ME. YOU ARE NO DIFFERENT FROM HELEN. LOST IN YOUR COMFORT WITH POWER.

DO NOT EVER CALM ME SWEETIE AGAIN. YOU HAVE USED IT IN A LIE HERE, TO MANIPULATE AND PACIFY ME. LIAR LIAR LIAR.

take another look, it's not a monster, it's  
>a stuffed animal.

In the first fucking place, you did not say it in the tone of sweetie etc. and to say you did ridicules both you and me. You said it out of your same angry place; out of your lack of boundaries at protecting Cindy, out of your refusal, UTTER REFUSAL to hear how Cindy, now has become a monster; she has been genuinely abusive; absolutely failed to take responsibility; and hurt me horribly, and you have beat me up for it, and she has beat me up for it; and you have lost your boundaries in this triangle and for you to say this is not a monster just shows how horribly you are willing to ignore me and put my safety in jeopardy. My failure was to NOT see 2 - Name ... destructive, manipulative side and to believe you along the way, and keep doing what you suggested.

CINDY'S lack of responsibility, her lack of honesty in following all agreements her total trashing of my welfare and my voice in this relationship then convincing you it is the opposite. THIS IS MONSTER. IT IS EVIL. IT IS SHADOW UNCLAIMED THAT YOU HAVE BOUGHT, BECAUSE IT IS MORE COMFORTABLE FOR YOU AND SHE TO BE COMPLACENT IN YOUR IDEALIZING OF EACH OTHER.

YOU DON'T GET THIS AT ALL, BECAUSE I AM SELLABLE, SHE IS NOT

IT IS NOT TRUE YOU HAVE BEEN DOING WHAT I SUGGESTED. YOU ONLY GOT WHAT I WAS SAYING TWO WEEKS AGO. IT HAS ONLY CLICKED WITH YOU FROM 2 WEEKS AGO. YOU LIE WHEN YOU MAKE YOURSELF OUT THE VICTIM... I've tried so hard, poor Laura" you ignored me, you privileged your "knowledge" and in doing so colluded in me being beaten up by a peer, because BECAUSE I TRUSTED YOU,

BECAUSE I DID WANT YOU WANTED, BECAUSE I LISTENED TO YOU, BECAUSE I KEPT  
OVERRIDING MY RIGHT TO BE A PEER BECAUSE OF HER HUGE CONTROLS AND DEMANDS

I DO NOT WANT YOUR FUCKING SOOTHING; YOU HAVE BEEN MORE AN ABUSER IN THE  
LAST 24 HOURS THAN YOU HAVE BEEN IN ALL 4 YEARS PUT TOGETHER

FUCK YOUR SOOTHING

GIVE IT TO [2 - Name ...]

YOU ARE A LIAR; YOU ARE AS AVOIDANT OF YOUR RESPONSIBILITY IN THIS AS  
[2 - Name ...]; THAT'S WHY THE TRIANGLE HAS KILLED ME OFF

YOU HAD NO RIGHT NO RIGHT TO JUMP IN THE MIDDLE OF MY PEER RELATIONSHIP  
WITH [2 - Name ...] FROM THE PLACE OF PROTECTING HER. APPARENTLY THERE HAS BEEN  
DECEIT, AGAIN, IN WHAT WAS SHARED. I DO NOT OWE YOU SHARING WHAT I RIGHT  
TO [2 - Name ...] YOUR GRANDIOSITY IS AS OUT OF CONTROL AS HELEN COALE'S

Not to invalidate reality, or confront, to soothe.

>

>So I came from there. I missed. I am sorry.

LIAR. YOU DID NOT COME FROM THERE. MAYBE YOU WANT TO THINK YOU DID. READ  
WHAT YOU WROTE, YOU LIAR.

AND ONE THE PHONE YOU ARGUED AND CONFRONTED AND THIS IS NOT KIND  
CONFRONTING, THIS IS UGLY, YOU ARE WRONG ABOUT [2 - Name ...] I AM RIGHT ABOUT  
[2 - Name ...], YOU HURT CINDY

WHEN YOU HAVE NO RIGHT TO TELL ME HOW TO INTERPRET [2 - Name ...]

YOU OWE ME WAY WAY MORE THAN AN APOLOGY FOR ALL OF THESE DYNAMICS  
YOU WOULD HAVE TO FACE FAR MORE THAN YOU HAVE THE COURAGE TO FACE  
AND YOU WOULD HAVE TO STRAIGHTEN OUT THE DAMAGE YOU HAVE CAUSED IN  
CONJUNCTION WITH [2 - Name ...] TOO

THIS NEEDS TO BE PUT ON THE TABLE, AND THE TRIANGLE THAT EXPLOITED ME NEEDS  
TO TAKE BACK ITS' (YOUR AND [2 - Name - W... SHADOW

I HATE YOU FOR MY COMING HERE LAURA; I HATE YOU

LOSING [2 - Name ...] WOULD NOT HAVE RESULTED IN MY SUICIDE BUT GIVEN HOW I  
CONTINUE TO BE MADE RESPONSIBLE FOR HER PAIN, IT IS NOW

BUT LOSING YOU TO THE ROLE OF HER PROTECTOR AND SELLING ME OFF

THAT BEARS NO NO NO FORGIVENESS. I FORGAVE YOU LAST WEEK

>

>I did not call back when you got off the phone because I would have had to  
>get off in five more minutes anyways. I will try to find the time to call

>you over this weekend. I may need peace in my life, but not at the expense  
>of your well-being.

>

>I know that you do not believe me when I say that I have been doing all I  
>can for months to use my power with 2 - Name... to be protective of you, because  
>the results have been so paltry. I only know that I have done so  
>consistently, with everything you ever told me in mind

IT IS BESIDE THE POINT. THE GOAL IS NO LONGER TO MAKE 1 - Mental h... BELIEVE. THE  
POINT NOW IS FOR YOU TO SEE HOW YOU HAVEN'T NOT NOT DONE THAT, NAD ADMIT  
YOUR BLINDERS AND SEE THE INJURY YOU HAV CAUSED, FOR WHICH YOU HAVE NEVER  
NEVR HAD REMORSE OR COMPASSION

THESE BRUISES ARE CAUSED BY YOU, NOT TRIGGERED BY YOU, CAUSED BY YOU

THIS HORRIBLE SHIT OF A PRSON WHO COULD NOT TAKE CARE FO HER OWN CHILD  
TODAY BECAUSE OF WHAT YOU DUMPED ON ME I WAS HORRIBLE BEFORE, AND YOU GOT  
ME ALL THE WAY OUT HERE, UNDO MY DEFENSES WITH YOU, THEN CREAMED ME, AD  
CREAMED ME ALONG WITH 2 - Name... WHICH HURT SO SO SO MUCH MORE DEEPLY

NOW YOU WANT TO DEFEND AND REFUSE TO SEE AND HEAR AND BE RESPONSIBLE, JUST  
LIKE 1 2 - Name... THE PROBLEM HERE IS STARTING TO BE VERY CLEAR. TWO NARCISSISTIC  
PEOPLE EXTREMELY VERABLY BRILLIANT AND ABLE TO SLIP AROUND  
RESPONSIBILITY  
IN A THOUSAND WAYS, AND SOMEBODY WHO IS HURTING, WHOSE HURTING IS A THREAT  
TO BOTH

AND YOU DECEITFUL BITCH, TELLING 2 - Name... TO TELL PHONIX TO TELL ME YOU SAID  
SHE COULD NOT RECEIVE EMAILS FROM ME. YOU COLLUDING DECEITFUL BITCH. ITS  
BAD ENOUGH YOU MUST CONTROL ME, BUT NOW YOU ARE LETTING 2 - Name... SLAP ME  
WITH  
YOUR CONTROLS. HAVEN'T YOU FUCKED UP BOUNDAREIS ENOUGH? given her ENOUGH  
WEAPONS TO HURT ME?

I HATE YOU SO DEEPLY.

WHAT EVER THE WORST WORD IS FOR SOMEONE WHO TRASHES SOMEBODY, THAT IS  
WHAT

YOU ARE. IF IT IS MOTHERFUCKER, IT IS MOTHERFUCKER. I KNOW NOTHING THAT  
DOES JUSTICE TO WHAT YOU AND SHE, TOGETHER, HAVE DONE HERE.



One of Dr. 1 - Mental health inf... letters to me threatening  
self-harm because I was taking care of my client, not her

To: lsbrown@comouseve.com

From: 1 - Mental health information, Adults - Information and records compiled, ...

Subject: good

Date: Fri, 30 Jan 1998 22:26:05 -0800

paula called cindy and phoenix  
i have pills

of course you told me we were her extended famiy and all about how she had  
"come through" in october (when she came to atlanta; and was psychotic most  
of the time and demanded it all rotate around her the whole time) but you  
shamed us and made us go take care of her  
when I was in despair and thinkigg of suicide you said "you are her  
extended famiy and she did it for you" you shamed us into going to take  
care of her and paula left to take care of her when i was writhing in pain  
from being told she was going to kill herself bcaue of me and you made me  
uot a selfish bitch. but you told us we had to and we did/. and eveer  
after that while i was suicidal during 2 - Nam... "suicial crisis" i helped i  
was good like you demanded went there stayed around wrote notes.  
now i have the pills and paula called them and are you at all surprised; of  
course not they don't come for us

it's just one of a hundred ways i have been fucked and cindy is put first  
by you and by the whole system

i have cuts on my stomach  
on my arm  
does cindy have cuts?  
no

but lets just pretend mine is not real  
lets blame for mine  
because after all laura you have proveen whose life is worth something here  
worth all  
worth damning me  
worth silencing me  
worth demanding i am big and hurt and stay big and hurt and hurt  
worth shaming me becaue i say you hurt me  
worth abandoning me and not admitting it  
woth her abaonding me and not admitting it  
so what is the difference  
it can only be you hatred of me  
your different standdarids  
and your desire for me out  
dead

i walk in the hall sof bodies reachinig for me and screming at me helens  
and lauras telling me why did i ever think i was wroth as much

protetc 2 - Nam... anger

let her dump it  
tell me i am bad because i don't "Want" to hear it  
make sure you don't hear me screaming i can't i can't i can't

you have indulged her anger at me a whole year  
black, destructive, despising, disowned rage  
not a child's rage  
but now  
after stomaching her threatened death  
and being told by both of you it is me  
i am told it is my fault for not taking MORE of her anger  
i am eating like worms in my gut from taking her anger a whole year  
if i cried please  
if i shut the door  
if i said please i can't handle your therapy right now  
always her anger  
and the demand to turn my body back over her for "curing"  
which was really her using it to merge  
just like helen  
you didn't protect me  
i told you of these things all along  
you think you "tried" but you weren't even on the stage where it was happening  
and that is not enough that i said i can't stand her anger any more  
you had to dump yours too  
then you had to cut my throat  
make sure i had nowhere to go with mine  
block you  
block her  
block me  
in their jail of persecutors  
my anger is gone  
it is yours now  
and hers  
and helen  
the ones you say have a right  
mine had no right  
you made sure i knew

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 1 - Mental health information, Adults - Information and records compiled, ...

Subject: Re: I'm furious at you

Date: Fri, 30 Jan 1998 18:11:20 -0800

>----- Forwarded Message -----

>

>

>Laura, you apparently ok'd 2 - Nam... horrendous letter to me. Fuck you. It is

>as bad or worse than her worst crap.

>

>-excuse me?!?!?!?

Save the sarcasm.

She only a number of times says, yes I hurt you, yes I was

>wrong, yes I was crazy, yes I was denying that I hurt you, yes I take

>responsibility

>for having hurt you, for having fantasies-

ALONG WITH SAYING YOU DID THIS TOO, I COULDN'T HELP IT, YOU HAVE TO UNDERSTAND WHY I DID IT, YOU HAVE TO SEE THIS, YOU DID THIS WRONG....

YOU WOULD NEVER HAVE EXPECTED ME TO ACCEPT THAT KIND OF HEDGING IN AMENDS

TO YOU. 2 - Name ... IS ACCOMODATING YORU MINIMUM RULES HERE. THIS IS A GAME. THERE IS NOTHING DIFFERENT. RIGHT AT THE GET GO IT ACCUSES ME, AND REJECTS WHAT I SAID IN MY FIRST LETTER, THAT THIS WAS ALL I COULD DO. AND BEATS THE SHIT OUT OF ME, AND DEMANDS WHAT SHE WANTS; SHE NOR YOU CANNOT SEE THAT I AM TOO BURNED, FOR ONE GODDAM TIME THIS IS ALL I CAN DO; YOU HAVE DEMANDED THAT I BE ADULT ALL ALONG, STAY IN PROCESS WIHT HER NEEDS THE ONES GUIDING THE RELATIONSHIP; AND FOR ONCE I SAID I NEED A LITTLE SPACE FO ME BEFORE I CAN DO ANYTHING ELSE, AND SHE CREAMED ME, AND YOU ARE SO HOOKED YOU DONT SEE IT.

THE HORRENDOUS THING IS THAT YOU ARE RIPPIN GM ETO SHREDS WHILE NOT SEEING YOU ARE IN A CONFLICTED ROLE AND HAVE SOLD OUT ON OUR RELATOINSHIP AS SEPARATE. THAT IS A MORAL VIOLATION I CANNOT BELIEVE YOU HAVE ACTUALLY ALLOWED YOURSELF TO DO, THOUGH YOU HAVE DONE IT IN LITTLE WAYS ALL ALONG. YOU HAD TO DO THE BIG ONE. AND IT IS YOU THAT TOLD ME I WOULD BE SAFE IN THIS, KNOWING YOU AND HER. YOU TOLD ME SHE WOULD HAVE IMPECCABLE BOUNDARIES; SHE HAS FORCED HER THERAPY WITH YOU DONW MY THROAT FOR A YEAR

AND DISRESPECTED MY EFFORTS TO AVOID BOUNDARIES AND I'VE KEPT HANGING IN AND NOW YOU CREAM ME. NOW YOU MAKE IT VERY VERY CLEAR MY HARM IS OK, HERS' IS NOT. HER PSYCHOTIC PROJECITON IS OK, MY MULTISPLICITY IS OJT. HER SUICIDALITY MEANS THE WORLD AND MY NEEDS MUST STOP. MY SUICIDALITY MEANS YOU ARE BUSY WITH MOVING YOUR FURNITURE. AND PROTECTING 2 - Name ... FROM ME AND

COTROLLIG THINGS YOU HAVE NO RIGHT TO CONTROL.

>

> It is angry, accusatory, and did not  
> even beg to hear my letter to her, or deal with what I asked. I am not  
> interested in her take on what happened "between us."  
>

> -why not?

BECAUSE I CANNOT. I CANNOT. AND HAVE YOU FORGOTTEN I DO NOT LIE; I PUSH MYSELF PAST ALL THE TIME; AND I CAN'T PUSH MYSELF PAST ANY MORE FOR 2 - Name ... IT HAS HARMED ME TERRIBLY, I CANNOT START WITH THAT. THAT IS ALL I SAID. I ACANONOT DO IT RIGHT NOW. THAT IS ALL I SAID. AND WHY DO YOU HAV THE RIGHT TO INTERROGATE ME ABOUT WHY NOT ANYWAY? ALL OF THIS IS IN 2 - Name - ... INTEREST.

IT IS AS IF YOU HAVE NO CAPACITY TO ACT IN MY INTEREST AT THE SAME TIME AS HERS. YOU HAVE OCMpletely TRASHED ME. AND WHERE DO I TURN? I have NOWEHRE EXCEPT YOUR REMEMBERENCE OF YOUR AMENDS PROCESS, WHICH YOU ARE SMEARING IN

THE MUD HERE. BECAUSE I DO HAVE A SPECIAL VULNERABILITY WITH YOU THAT DESERVED NOT TRASHING EVEN IF 2 - Name ... IS YOUR CLIENT. I DESERVED YOU STAYING EMPATHIC WITH ME AND TRYING T LISTEN, EVEN IF SHE IS YOUR CLIENT, BECAUE YOU ARE A PART OF THIS. I DID NOT DESERVE YOUR RIGHTEOURS NESS AND YOUR MORAL JUDGEMENTALESS, OR YOUR CATTY RESPONSES TO REAL TERROR. I HATE YOU FOR THAT. THAT WAS CRUEL, LAURA. SO OK FORCE THE HONESTY BETWEEN US DOWN AGAIN; THE REAL PAIN, BECAUE YOU WILL TRASH IT IF IT IS THERE.

WHY NOT? YOU DONT DESERVE TO ASK THAT OF ME, BUT IF YOU ARE GENUINELY WANTING TO KNWO (WHICH I DO NOT FEEL, I FEEL THAT WAS SHITTY STUFF COMING AT ME)

BECAUES THAT IS WHAT I HAV BEEN DOING FOR A YEAR, WHILE SWALLOWING MY PAIN WHILE YOU GAVE HER PERMISSION TO INDULGE IN HRE PROCESS AND NOT BE ACCOUNTABLE TO MY PAIN. AND IT FLOORS ME THAT YOU THINK YOU 'HAVE' CONFRONTED HER AFTER ALL THIS. YOU DID NOT EFVEN HAVE THE FACTS IN FRONT OF YOU. AND SHE HAS CERTINALY NOT TAKEN RESPONSIBILITY FOR HAVING HURT, OVER AND OVER, AND SHE HAS HAD YOU ENABLING HER ALL THE WAY, BECAUSE AS LONG AS YOU CULD WRAP YOURSELF UP IN SOMEHOW DENYING I WAS GETTING HURT BY HER, AND

SHE IS INNOCENT/VICTIM, YOU COULD KEEP YOUR RELATOINSHIP WITH HER FROM DEADING WITH WHAT WAS GETTING SP[LIT ONTO ME.

BECAUSE I AM TOO DAMAGED. BECAUSE 2 - Name ... IS NOT THE ONLY ONE WITH NEEDS. BECAUES I ASKED FOR A FW3 SPECIFIC THIGS BEFORE I COULD TRUST ENOUGH TO GO FORWARD.

BECASEU OVER AND VOER IT HAS BEEN THE OTHER WAY AROUND. BECAUE THIS WEEK WAS HELL AND WE NEED TO START WITH THAT, AND HER BEING ACOCUNTABLE FOR THAT

IN SOME WAY THAT I ALSO HAVE SOME CHOICE AND RIGHT ABOUT PROCESS, NOT A NOTE THAT TO ME, TO ME LAURA BASED ON ALL MY EXPERIENCE WITH 2 - Name ..., FELT LIKE DUMPING AND EXCUSING AGAIN.

BECAUSE I ASKED FOR IT. THAT'S WHY. AND UNLIKE 2 - Name ... I ASKED STRAIGHT, INSTEAD OF FORCING THE SYSTEM TO REVOLVE AROUN DME AND RESCUE ME; I ASKED STRAIGHT WITH WHAT WAS LEFT OF WHAT I COULD HONESTLY DO. AND BECUASE IT CAME FROM A GOOD PLACE, NOT A CONTROLLING PLACE. IT COMES FROM SWALLOWNIN G

AND SWALLOWING, AND IF YOU DON'T GET WHAT THE LAST WEEK DID TO ME, WITH BOTH OF YOU STILL DENYING THAT YOU ARE BOTH SAYING I CAUSED HER TO BE SUICIDAL, AND WHAT IT WAS LIKE FOR THAT TO HANG OVER MY HEAD

THEN YOU ARE WAY TO FAR IN AS A LITERAL PERSECUTOR OF ME FOR [2 - Name - W...] SAKE

In a relationship between two people, is only one person's  
>reality allowed to be present?!!??

YES, [2 - Name - W...] for an entire year. AND NO MATTER WHAT I NEEDED. AND NO MATTER HOW MUCH SHE HURT ME, AND NO MATTER WHETHER SHE WAS BREAKING PROMISES OR NOT.

and her reality i have listened to over and over and it is psychotic, where i am concerned, and i have hung in anyway, and with all my heart, which i did not have, in kind ways try to help her see that her perceptions did not match either the facts or my insides

unloaded even more.

I am getting slaughtered by a system where I have no power and you are controlling everything for her protection. it has been that way for too long. i hurt too much i am bleeding too much

I can't believe that this is you writing  
>that sentence, I really can't. -

YOU ARE GOING BACKWARD FROM EVERYTHING IT SEEMED LIKE YOU WERE SEEING AND ADMITTING LAST WEEK. THAT ALL ALONG YOU DID NOT SEE HOW YOU WERE ENABLING, NOT SEEING THE DESTRUCTIVE THINGS [2 - Name ...] WAS DOING, AND THEY HAVE ACCUMULATED. YOU HAVE NOT INTERVENED IN A WAY THAT PROTECTED ME, EVEN THOUGH YOU INTERVENED "ABOUT ME." AND THAT IS THE TRUTH; I GOT SLAUGHTERED OVER AND OVER. AND YOU WANT ME TO PRETEND NOW THAT IS THE TRUTH SO YOU CAN FEEL BETTER, SO IT WILL BE EASIER FOR YOU AND [2 - Name ...] JUST GET RID OF ME.

then you are unwilling to see how horribly both you and cindy have hurt me. AND yes i have been telling you and telling you, but you have not listened. You have expected a completely different level of bigness from me; and you have acted resentful of my own vulnerability and hurt, which i am finally unable to be "polite" about any more, it's too big

>

> I am sick of her

>thinking she knows, when she is so wrapped up in projection. I am sick of

>her hurting me and then doing more accusing. You say you have worked with

>her. Then why did you let her get away with this. And she says "Laura

>didn't understand what your letter meant except that you were mad because I

>was suicidal?"

>

>-that is a misinterpretation on her part.

NO IT IS DELIBERATE MEANNESS TO ME. WHERE IN GOD'S NAME DO YOU EVER GET ANYTHING HERE? HOW HURT DO I HAVE TO GET? Someboy not trying to triangulate would not alhv said that in the first place. it sets you up with me, and it implies you were fed up with me. HOW do you expect me to feel? 2 - Na... has AGREED NOT TO DO THIS. THI IS BREAKING A CONTRACT. IT IS PHONEY AS SHIT. BUT ONCE MORE YOU SAY SHE JUST "doesn't understand." You are so far gone laura. that is so wrong. She knows exacty what she is doing. and she is succeeding big taime..

I will confront her on that and  
>clarify it with her-

YOU YOURSELF DIDNT UNDERSTAND MY LETTER. YOU YOURSELF DO NOT UNDERSTAND THE AMOUNT OF HURT AND PAIN BEHIND THAT LETTER. THIS IS ALL COLLUSION WITH MY WELFARE SUFFERING.

No. It is the same triangulating as ever. Have you lost your mind? This was absolutely predicatable. And it was mean. ANd it was the violation of a promise she made not to quote your remarks about me to me. ANd she does this everytime to get me. How in gods name can you be such a suckr, and sell out on my protection so horribly

>  
>Goddam you, Laura. You need to be telling 2 - Nam... one thing, as far as her >relationship with me, that she has done great harm, that I am very hurt, >and that she needs to start ONLY with listening and owning.

>  
>  
> 1 - Mental health information, ...

Fuck you laura brown. YOur and your lectures. Don't play father and "1 - Me... me." I am runnig for my life. Do not dare to be high and righteous parent with me. Do not dare. ANd your righteousness. You have lost your boundares, you are doing more harm to me right now than all combined together and you are too in your anger at me about cindy (which is not your right anyway—like you won't even let me take care of myself with her either) to see it.

I have told her to listen and own, and she is.

I AM THE ONE TO DECIDE WHEN I FEEL HEARD AND THAT WHAT HAS HURT ME SHE HAS OWNED. YOU HAVE NO RIGHT. YOUR GRANDIOSITY IS TOTALLY OUT OF OCNTROL.

And I  
>am not willing to tell her that she is to simply-sit and listen.

To start with, for an amends that involves nearly a year of the same repeated pattern, that is what she needs to do; for me to have a place for enough hurt that has accumulated to be able to listen to her. She has been privileged over and over and voer.

And I didn't ask that, Laura,as you put it, anyway, and it is still sarcasm and anger coming at me. FÜck you.

You are so fucking allied with her, how could you be this this this unconscious. How could you be willing to jeopardize my safety and our relationship this much?

That is  
>the job of someone with a professional responsibility to you, as I have  
>had,

AND VIOLATED. and are violating now and putting me in the most horrible territory of my psyche and abandoning me with only your judgement, and no protection, and blaming me; you are truly causing me to be on the brink of suicide; and with you it is a reality, because of your literal position and when you came in, but only 2 - Name ... suicide matters. You have made that clear in your behavior, over and over.

and by doing what borderlines create in the systems around them; ALWAYS create between the parents; cause them to act out their splitting with each other. And she has you right where the whole pathological dynamic in this aimed to get you. Getting you to get me. That's the end; that's the destructive finale; only I'm too hurt to where knowing it matters; switching every few minutes desperately trying to outrun persecutors head is banged and black and blue; arms got cut

and one I am willing to continue to have. But I am not willing to ever  
>ask people in peer relationship to ONLY listen. -

YOU NOT ONLY ASKED; YOU DEMANDED THAT I SIT AND LISTEN, THROUGH THIS WHOLE THING. YOU ARE UNWILLING TO SEE HOW YOU DID THAT. FUCKING UNWILLING. AND I ASKED FOR A FEW THINGS I NEEDED FIRST PERIOD. AND I AM NOT NOT NOT WILLING TO LISTEN TO ANY MORE OF HER PROJECTIONS. THEY HAVE HARMED ME AND HARMED ME. AND SHE HAS NO RIGHT TO BE TELLING ME MY INSIDES AND MY ISSUES. THAT WAS NEVER OUR CONTRACT AND SHE USES THAT TO DEFLECT RESPONSIBILITY TOO.

I SAID THAT IT IS TIME FOR ME TO SAY A FEW THINGS. I HAVE STUFFED THE MOST WEARING, HARMFUL EXPERIENCE OF MY WHOLE LIFE FOR A WEEK NOW, FOR 2 - Name - ... SAKE, THAT IS THE WAY AND TIMING OF HOW SHE USED HER SUICIDALITY. THAT IS HUGE. I DESERVE A SAY NOW. NOT JUST, "SORRY NOW LETS DO WHAT I WANT TO DO"

FOREVER YOU HAVE PROTECTED 2 - Name ... FROM THE CONSEQUENCES OF HER BEHAVIOR. THAT IS WHY SHE TAKES NO RESPONSIBILITY. YOU HAVE NO RIGHT. WHAT SHE DID AROUND THE SUICIDE IS NOT SOMETHING SHE CAN DISMISS UNDER HER OWN TERMS WITHOUT HEARING ME THEN DEMAND THAT I IMMEDIATELY, ONE MORE TIME, FOCUS ON HER. SHE USED THAT UP WITH ME. AT SOME POINT, IF SHE HAS TAKEN ANY ANY ANY RESPONSIBILITY, I DESERVE TO BE HEARD FOR THINGS SHE HAS DONE AND REFUSED TO HEAR ABOUT TALK ALONG. AND YES THERE IS A PLACE FOR THAT IN ALL PEER RELATIONSHIPS. PROBLEM IS, YOU WON'T LET THIS BE PEER. YOU HAVE 2 - Name ... PRIVILEGED ALL OVER THE PLACE, AND HAVE CREATED A TRIANGLE WHERE I GET RAPED IF I TRY TO SAY HELP AT ALL.

>  
>I am NOT  
>interested in Justification. I am interested in an amends process or  
>responsibility process where she starts taking responsibility for the



>patterns that have gone on for months. I am intersted in her asking more  
>about what I mean if she doesn't like something, not telling me I am evil  
>for saying it.

>-she has not said you are evil. She's said she's mad

The implicatoin is the same as alwasy. I haev been the one listening to all this for a year. You have almost never heard her outbursts at me, or her emails to me with all this stuff. You see the ones she wants to send. So when you tell me to trust what I KNOW NOT TO BE REAL, when I amj already so harmed, it is like you telling a raped child to go back to the babysitter, that they have no reason to be afraid. THAT the perosn is TELLING THEM THEY AAE SORRY, so what's the problem

Your entitlement to think you should be more able to interpret her behavior to me simply fucking floors me. Simply fucking floors. Me Not only are you sabatoging and damning me from doing the only thing I ahve to protect myself, that is being cautious and trusting myself, you are tellign me that is mean and bad to 2 - Na... PLEASE SEE HOW CRAZY YOU ARE BEING AD HOW COLLUDING WITH MY NOT HAVING ANY RIGHT TO SURVIVE HERE

AND THAT IS ONE OF HER RACKETS. THAT IF I SAY SHE HURT ME, she immediately gets mad and refusees to listen. i have been through this a thousand times. It is an avoidance technique. She nirtures her anger all the time. is is the same old righteous anger that is to sabatoge her taking responsibility. SHe just came out of blaming me for her suicide and being suidical for a week and having everyone have to swallow their hurt, which for me was big, and nowshe's indignantly "mad" its is this kind of lack of empathy/responsibility and etitlement that got her there in the first plac-

>  
>Goddam you. If you OK'd this, then all of what has passed between us this ..  
>week is a farse. And 2 - Na... is driving me into the fucking ground, and you  
>are going to let her. rather than say, 2 - Na..., you need to face what you  
>have done with 1 - Mental... and start there.

>  
>-You know, I have said that. And she is facing it, and told you so. It is as  
>if you didn't read most of her letter.-

I read all her lttter. And that is another thing. I asked that we interact with what I put forth. I did not ask for a huge dump of her problmes and complaints. That is also what has gone on all th time. We never do my agenda. she sabatoges that by coming up with lots an dlost of other stuff to dump; and my issue never gets dealt with, then she takes the higher ground and demand that I do what she wants. How can you miss this so horribly? I feel so so so hurt and so terribly sold down the river by you. You have so so lost your boundaries. And i feel desparately unsafe and nowhere to go, like with helen.

>  
>It's the same old thing, her trying to make me the one to change. AND  
>change into her projections, instead of seeing me to start with .

>  
>-well, I don't see it that way. I don't. This feels like you getting into  
>some kindof place I've never seen before, insisting that you are not open  
>to a dialogue. -



THEN WHY DID'T YOU APPROACH ME FIRST, OPENLY AND ASK, SINCE YOU HAVEN'T SEEN IT, INSTEAD OF FUCK ME OVER WITH YOUR HOSTILE ACCUSATORY NOTES THAT BASICALLY SAY, POOR 2 - Name..., WHAT'S THE MATTER WITH YOU 1 - Mental hea... YOU ARE BEIG THE PERSECUTOR AGAIN. THIS IS HOW YOU HAVE DONE THIS TRIANGLE OVER AND OVER, ONLY ITS JUST WAY OUT OF CONTORL NOW. BEFORE IT WAS MORE SUBTLE. OBVIOUSLY IF I HAVEN'T DONE IT BEFORE YOU SHOULD HAVE APPROACHED ME WITH SOME SENSITIVITY ASSUMING THERE WAS SOMETHING YOU DIDN'T UNDERSTAND YET, NOT JUMPED ME AND RUN IN TO PROTECT HER.

Maybe for the first tim eyou are getting it. That a peer can be this lethal, in a system that enables them to do destructive patterns over a dover for a year wallowing in their projections and insistence that I am the caues of her pain and trying to be mean, etc. etc. I hav ebeen trashed and trashed and trashed. AND my hanging in you have a big big part in . So no matter how much you have dropped and misundrestand me here, it is doubly damning for you to act so irresponsible and uninvolved for what I am sayign and how badly I have been hurt. Itw as a three way system; and i waw she only one wo reguarly fought fr more boundaries, and both of you ignored me, adn I stood to get creamed and that is what happened.

>

>

>This has made me crazy.

>

>I thought you would not let this happen.

>You should never have let her sent that.

>Now my rage at her is REALLY out of control, and you too.

>

>-you know, I am now for once angry at you,

It is not for once, that is a lie. YOurwere angry that I wanted to relate normal feelings to 2 - Na... and you insiste that she must be protectd. You have been angry that I hurt toward s you with all this. I've had plenty of your anger LAURA BROWN. You sabotoge me talking about the impact of cindy, privilege her needs, abve a long long timje and that is one rason things have erupted.

1 - Mental... Not angry that you are in a rage.

>Angry that it seems like you are determined to not hear an honest,

>soul-searched,

>amends made to you,

IT WAS NOT WHAT I ASKED FOR AS AMENDS

IT DID NOT SEEM HONEST TO ME AND I HAVE LOTS OF EXPERIENCE AND REASON TO THINK THAT

IT WAS NOT AMENDS. IT WAS LOADED WITH LOTS OF OTHER DEMANDS AND, ACCUSATIONS

AND POOR ME YOU DO'T UNDERSTAND ME. IT MADE ONY PASSING MENTION OF THE WORST THINGS YOU COULD DO TO SOMEONE, THREATEN TO SUICIDE BECAUS OF THEM

AND YOU LAURA, YOU ARE NOT IN MY SHOES AND HAVE NO RIGHT TO TELL ME HOW I WAS SUPPOSED TO HEAR IT, YOU FUCKING ABANDONED ME AND SLAUGHTERED ME IN

THIS.

AMENDS IS A PROCESS THAT I WOULD HAVE TO HEAR HER AGREE TO AND I HAD ONLY STARTED WITH THE FIRST PIECE, THAT PIECE, AND SHE TOOK OVER AND DID IT HER WAY, WITH A LOT OF OTHER COVERT STUFF THAT IS THE SAME AS ALWAYS; AND IT HAS RIPPED MY GUT OUT THAT YOU, WHO HAVE TALKED ABOUT THE IMPORTANCE OF THE PERSON RECEIVING THEM TO NEED TO BE HEARD ON WHAT CONSTITUTES AMENDS FOR THEM

YOU OWE ME A BIG APOLOGY HERE, BUT I KNOW YOU WILL BE TOO HOOKED IN ALL YOUR JUDGEMENT TO EVER SEE IT ; THE AMOUNT OF BETRAYAL HERE.

We haven't had square one of amends, because what I asked is there be a process of that, and she never agreed, and without that there could never even be a definition of what amends would be for me. Once again you are splitting here, saying I should have accepted what she came up with for amends. What happened to your amends? what happened to your knowledge about how amends happens? Such a double standard Laura. You are still so so so conned by her. And you have NO right to be telling me how to do it with her and criticizing me, especially when you are this lost in your relationship with her and splitting as me bad, now. She really succeeded in what she wanted. She really really did make it happen. You let her make it happen; you fell into it: and you are rampant in it now; and you know you are threatening my survival, and that must be how much you have trashed me.

or accept someone saying that she is also angry at you,

FUCK YOU, YOU HAVE TO MAKE THIS ACCUSATION TWICE-- NOT ONCE BUT TWICE IN THE SAME NOTE (IT'S NOT EVEN A DECENT CONFRONTATION, IT'S AN ANGRY ACCUSATION, BLAMING ME, REDUCING ME)

NO NO NO, not right now, I am NOT. that is a limit because I am dying. I AM ENDURING THE HELL OF HELEN NOW; it is this final being raped by both of you at once; all the controls placed on me "as if" I am the one that has harmed and been crazy here. All I have heard is her anger. YOU HAVEN'T, LAURA< but I have. I have a right to say I need to hear something else first; she has beaten through my skin with her constant anger that was off base to start with, often psychotic anger. it is a huge racket. The things she is saying are so much more incidental than the fact of her suicidal behavior-- i am losing all ability to hold it together. there are lots and LOTS of reasons i do not want to hear her anger first again. AGAIN.

NO NO NO. THAT IS MY LIMIT, and it is for lots of reasons, and they are reasons that are in her welfare too, because that has been a racket all along that you have supported in the name of 'taking care of herself.' She is very very invested in her anger. I have been her "bad object" I have gotten transference anger that only a therapist, with the protection of boundaries should have to get. And i have gotten it for a YEAR, with no sympathy or understanding from you. NO ONE has been hearing me.

NO I HAVE HAD WAY WAY TOO MUCH PRIMARY ANGER THAT WAS OUT OF FEELINGS AND

NOT FACTS AND HUNG IN AND NOT INSISTED THAT SHE BE ACCOUNTABLE BECAUSE BOTH OF YOU WERE ALWAYS TELLING ME SHE WAS DOING HER BEST-- so I WAS THE ONE TO ACCOMMODATE, SHIFT, CONTAIN. How dare you, Laura Brown, say that I should have to listen to more of it or make the comment that I HAVE TROUBLE HEARING SOMEONE SAY THEY ARE ANGRY GIVEN THIS CONTEXT:? YOU COMEBE HER FRIEND, GET MANIPULATED AND RAGED AT OVER AN DVOER. THEN HEAR SOMEONE SAY  
Oh, that's despicable, you can't hear someone angry at you? THAT IS ALL ALL I HAVE HEARD, except interspersed with "I love you" and let's cuddle on the bed.

What has happened to you Laura? I think you have gone off the deep end. And trashed me completely in the process.

and also  
> loves you. I cannot understand that at all-  
>  
> Why can't you say, 2 - Nam..., you are not hearing > 2 - Nam... you are damaging.  
>  
> -she is saying it herself, for god sake-

couched in a lot of other garbage that is the same old thing. She is saying it to look good with you, and get you allied with her and turned against me. She has done this all along. AND you have bought it. WHEN I hear it is when I hear it. You had no right to beat me up for not hearing it, when you haven't been in my shoes hearing all of this stuff all along, used to sabotage and distract and manipulate her own needs back forefront, with no REAL responsibility. She's looking for the shortest way out. She is setting you and me up.

>  
> By the way, she lied about emails to you. I told her I felt she should  
> control what she sends you that she writes to me, meaning I would not  
> forward her mail. I NEVER gave her permission to send my mail to her to  
> you. NEVER> that is wrong, wrong, wrong, wrong.  
>  
> -so she misinterpreted what you said to her.

No Laura, I told her in words in a discussion of that letter, that what that meant was I myself would not send her letters unless she ok'd it. I told her that did not mean that things I sent to you should go to her.

Why do you keep doing this? Believing she "misinterpreted" instead of it is all part of the borderline manipulation? How could you place her truth over mine, over and over? You have made me into dirt.

And now knows that she was wrong,  
> and will not do that again-

Wrong, she did it in the very last letter. She does everything again, and

again. SH has not ever changed something sh promised.

>

>I want out of this. Go spend 8 more years with 2 - Name ... this is hurting me  
>over and over, and there is NO remorse, NO REMORSE in that woman. She is so  
>so so borderline ad narcissistic.

>

>-I see a ton of remorse. A ton. It is as if you are workin to make her  
>completely  
>wrong here unless she does one and only one thing. That is completely  
>devastating to  
>me to hear you say this in response to her letter-

WHERE IS YOUR DEVASTATION FOR WHAT HAS HAPPENED TO ME? THE HURT FROM  
EITHER

YOU OR 2 - Name ... I HATE YOU FOR ALL OF THE WAYS YOU HAVE PRIVILEGED HER  
PERCEPTIONS, NEEDS AND PAIN ABOVE MINE. AND THE MOST HORRENDOUS PART IS, I  
HAVE KEPT A SENSITIVITY TO YOUR NEEDS IN THE TRIANGLE, AND THAT IS  
PRECISELY WHY I HAVE BEEN GENTLE WITH YOU ABOUT IT ALL FOR SO LONG.

>

>My hurt is fucking shit on, one more time.

>

>What RIGHT does she have to tell me about my fantasies? I am not the one who  
>is psychotic here. And what RIGHT do you have to support her in that?

>

>-she has a right to her perceptions of your hopes and fears. I see nothing  
>wrong in calling that a fantasy-

>

>

1 - Mental... I am in utter shock at your response to her letter. Utter shock.

>I am asking you to go back and re read it and look at all the ways she is taking  
>responsibility, please. And to reconsider telling a peer that the ONLY thing  
>she is allowed to do is listen to your feelings and not respond. -

2 - Name ... NEVER ALLOWED ME TO BE A PEER. THAT IS ONE PLACE WE HAVE TO START.  
YOU NEED TO REALIZE YOU ARE DEMANDING THAT I BE WHAT YOU THINK PEER IS FOR

2 - Name ... IN THIS ONE MOMENT, AND HAVE NEVER EVER HAD COMPASSION OR ALLOWED  
CONFRONTATION OF HER ABUSE OF ME AS A NON-PEER. AND WITHOUT THE  
APPRECIATION. THAT IS MISSING TOO. BUT OF COURSE, YOU DON'T DO APPRECIATION  
EITHER. SO WHY SHOULD 2 - Name ...

I FEEL MASSIVELY USED BY BOTH OF YOU, THEN TRASHED.

NO YOU NEED TO TRY TO REALIZE YOU ARE NOT IN THIS RELATIONSHIP WITH 2 - Name ...  
AND START MAKING UP FOR ALL THE WAYS YOU HAVE TRASHED ME AND DEPRIVED ME  
FROM BEING ABLE TO TAKE CARE OF MYSELF, AND IF I TRY, GET Clobbered BY BOTH  
OF YOU

YOU NEED TO KNOW THE PERSECUTORS HAVE FREE REIGN NOW; YOU HAVE SET THEM  
UP  
MORE POWERFULLY THROUGH THIS TRIANGLE THAN EVER COULD HAVE HAPPENED  
WITH

## **JUST BETWEEN YOU AND MJE**

**This is the most psychotic and crazy I alive EVER felt you. and the most cruel; and crazymaking. and the only time I hacv felt terribly terribly exploited nad made to be what you want that works for you, and your client, at peril of literally losing my mind, and final giving up.**

5/5/95

Dear Composite Board:

This complaint concerns Helen Coale, L.C.S.W., L.M.F.T, whom I saw for therapy between July 1993 and June 2, 1994, with a final unilateral termination from her by letter on October 21, 1994. My complaints are as follow:

I was referred to Ms. Coale as a family therapist for short term help with some current family problems. However, very intense emotional bond was formed between Ms. Coale and me within a few sessions, which raised issues related to a highly traumatic previous therapy abandonment, where I was deeply attached and suddenly terminated. At her suggestion, we revised the treatment plan to address repairing wounds from this experience. Ms. Coale said we would do this by my risking a deep personal bond with her, despite my anxiety about this.

Ms. Coale encouraged a deep intimate connection with me by multiple extended sessions per week (2 to 4 sessions, 1 to 2 1/2 hrs each), embracing me for entire sessions, establishing a separate phone line primarily for our relationship on which she said I could leave unlimited calls, social visits at her house, bringing me into her personal life and relationship with her lover, inviting me to join her church, and in other ways (see Examples of Contact, p. 6). She told me that she was competent to practice outside normal therapy boundaries due to her "extensive experience," her expertise with dissociative and PTSD clients (my diagnosis), and being a feminist. She also said I was different from other clients in that she saw me as a friend and "non-biological family member" and a regular part of her life from the beginning, and indefinitely into the future.

Though initially very available, Ms. Coale was argumentative and accusatory if any question was raised about her decisions and actions as a therapist. This included frequent sudden outbursts of anger and blame, after which she would withdraw or terminate me, accuse me of causing the termination, and then resume therapy, apologizing for what she had done as being "inappropriate" and a result of her emotional distress. She terminated me with no warning 9 times in the course of our 15 month relationship, usually by registered letter or message on my home telephone machine (See Documentation of Terminations, p. 9). In the last four terminations she took the position that all were my fault, though in two cases she was the one to resume the relationship by calling me at home.

I was so traumatized by the first termination (October 21, 1993) that I became severely depressed, lost weight, and had increased problems with dissociation, suicidality, insomnia, and panic related to fear of being terminated again. This necessitated a psychiatric consultation and psychiatric medication, both for the first time in my life. The repeated terminations, which took place every 6 or 7 weeks, created a kind of chronic shock for me, in which I tried harder and harder to focus on her personal problems in order to be valued by her, as a desperate effort to prevent her rage and abandonment. I also loved her and was extremely worried about her.

After each termination, Ms. Coale promised "never to do it again," and resumed physical, therapeutic, and social contact, going to even deeper levels of sharing her own pain and struggles. This increased to the point of episodes of her screaming and crying about her pain while I held her, suicidal feelings, anger at her family's lack of support of her, grief that her mother was not there to support her, grief and resentment at her sister's developing cancer when she herself was so ill, fears of having to stop her practice entirely, and many other concerns (see Attachment #3: Examples of Impairment).

I requested that Ms. Coale bring in a consultant on a number of occasions beginning in October of '93, but she refused, saying no one would understand the kind of therapy she was doing with me due to the "friendship dimension." She was critical and hostile toward Dr. Fagan, who was my previous therapist and had served from the beginning as co- and back-up therapist to Ms. Coale. Ms. Coale eventually fired Dr. Fagan, without telling me, complaining to Dr. Fagan that she was my "advocate." This disturbed me, since Dr. Fagan is an expert in trauma disorders and had worked with me successfully for 6 years. I was alarmed that Ms. Coale was shutting her out of our relationship, especially without telling me. I knew things were very wrong, but I did not know where to turn for help, since she implied this would betray her and our bond.

Until early 1994, when her emotional and physical distress completely took over, I experienced Ms. Coale as Jekyll and Hyde. In sessions she would switch suddenly from being very intimate to rage and rejection if she thought I was critical. Outside of the office, she was happy and affectionate in our "friendship time," which usually focussed on recreation and discussion of her personal struggles, such as problems with her lover, feelings about her father's new marriage, and grief over her mother's death. In the therapist role, however, she became more and more hostile, withdrawn, and irrational. As her back problems increased, her episodes of withdrawal and explosivity increased, and I became progressively more terrified of her and confused and helpless about how to survive our relationship without another therapy failure like the one I had contracted with her for help with. Since I both loved her and felt very dependent on her, I followed her insistence to "keep things between us." I felt more and more that we were doing something illicit and "wrong," and to tell anyone would be betraying Ms. Coale. By Spring of 1994 she had become totally self-absorbed in physical pain and fears of complete debilitation.

On June 2, 1994, Ms. Coale said her medical and emotional problems meant she could no longer be my therapist, and we would make a "full transition to our friendship." We never again met in her office. During June, July, and early August (1994) we met at her home, where she was in traction and unable to speak, or lying down on the couch. When her lover was in town we met instead at my house in my bedroom. Though she accepted my support and caring, she was totally preoccupied with her fears and anger, and extremely volatile. In spite of the fact that our discussions usually involved her emotional distress, she said she needed me to pay her for half our time together because her income had dropped so much. By this time she had become intolerant of me expressing any need, disappointment or despair (which she misinterpreted, accusing me of "self-centered or manipulative rage"). She blamed me for the problems of the therapy and the physical problems she was having (see "Examples: Abuse of Therapeutic Power", attachment #4).

By this time I felt my only place with her was to continue being the best friend I could be by supporting her through her crisis. I trusted that her mistreatment of me was related to her health problems and temporary, and that the



ongoing friendship would outlast the emotional trauma of the therapy and the many months of her medical and emotional crisis. There was in most respects a complete role reversal, though sometimes I broke down and left her phone messages expressing my despair. Ms. Coale had discussed her early family emotional abandonment and trauma with me on numerous occasions, and I felt I could be a different kind of "significant other," by affirming her needs and pain, and staying loyal through the storms of her blame and anger.

However, when Ms. Coale said she felt better (August, 1994), she insisted on a termination of the therapy, allowing me "10 hours." In these meetings she continued to be hostile and punitive when I attempted to talk about the problems of the therapy. For example, she terminated me, saying I was verbally abusive, when I said I felt she had done things that were unethical and harmful. She had become totally adversarial and hostile, and I found it impossible to discuss the problems of the therapy. This put me in a double bind, because I wanted to resolve these things with her to make way for a clean friendship. Two more terminations occurred during this time.

Without prior discussion, Ms. Coale called me at home on October 17, 1994 and said she was ending our friendship because she was "intending to be seen as an expert in ethics" in Atlanta, and she did not want anyone to see her with me. She told me I could have only one more therapy hour. I was astounded, since only weeks before she had assured me I was "in her life to stay." Feeling totally bereft, I again asked for a mediator, saying that my only other recourse for resolution was through the licensing board (letter of October 19, enclosed). She wrote me back a final termination letter (enclosed), in which she accused me of "threatening and bullying" her by mentioning the licensing board, intimated this would result in harm to me and suggested her "colleagues on the board" would not believe me anyway. She said I would waive confidentiality if I made a complaint. She misrepresented my history, pretending we never had a friendship and once again blaming me for the therapy problems, saying I had "over 20 therapists who terminated me" (I have had four or five primary therapists in about 16 years including many positive experiences, and one particularly traumatic termination.)

I made several further attempts toward reconciliation by letter, the last being a Christmas card.

Ms. Coale has continued to harass me since my October letter mentioning a licensing complaint. For example, she invited me to join her church and choir in 1993, and I have attended Haygood Church since Dec. 1993. I attended a choir practice on January 4, 1995 at the invitation of the choir director and several choir members. However, Ms. Coale made such a public show of disgust toward me when she entered the room, I felt humiliated, and have not returned to choir despite repeated invitations from the choir director and my own desire to participate. I was horrified and astounded on finding in my clinical record sent to my current therapist from Ms. Coale that several days after I came to choir, she filed a police report on me for "stalking," citing the very activities which she had encouraged with me as a therapist (such attending church, going to a choir practice).

Ms. Coale also encouraged me and to buy a house I liked in her neighborhood, which I did in July, 1994. Due to her creating these many open-ended roles and connections with me, I now run into her as a regular part of my life, such as in the neighborhood, Church, and at professional meetings. On these occasions she has been publicly demeaning and hostile, further violating my confidentiality and her



professional role. On one occasion I spoke to her leaving Church (November '93) when her car was parked near mine. She told me angrily that since I was considering writing the licensing board she would never speak to me again.

In creating, mismanaging, and exploiting her multiple roles, Ms. Coale not only failed to provide the treatment she agreed to, but left me with much more distress and damage than the previous unilateral termination, because it did not involve multiple roles. Since she was involved in virtually every aspect of my life, the number of wounds and problems that have resulted for me are far beyond those of simply a damaging "therapy" in and of itself.

Ms. Coale seemed to believe that she was entitled to violate any boundary of the therapy without discussion, and then if problems resulted, to blame me. For example, she had conversations with and about me in the presence of her lover at home, in motels, and on car phone. When I brought this up, she said it was my fault, because my messages on her machine were so loud that "he could hear them through the receiver no matter where she was in the house." Other examples include:

1. discussing my case with professionals in the community without consent after agreeing she would get my permission, particularly since I am a professional with many varied roles within the community;
2. denying she was consulting with local professionals when I specifically asked;
3. failure to discuss or inform Dr. Fagan about these consultations;
4. changing the treatment plan and diagnosis to other than our agreed one without informing me;
5. using and releasing information out of context from a private session with my sister to discredit me in her treatment summary though my sister specifically denied, in writing, consent to release this information (enclosed), which has now caused extensive damage in my family;
6. consulting a previous therapist against my explicit instruction (enclosed) and taking information from this consultation out of context to use perjoratively in her written evaluation;
8. mixing our personal time and "therapy" time during sessions at her house, then charging me for both, and becoming enraged if I questioned when she said the sessions "started;"
9. arbitrarily and repeatedly changing the terms of our relationship based on her own needs.

I would like the board to know that due to the seriousness of ongoing intimidation and threats from Ms. Coale since she first learned I might make a complaint, my therapist and other consultants have advised I must have legal protection. With agony that this has been necessary, I have followed their suggestion to hire an attorney. Ms. Coale has gone beyond threatening me for considering this complaint, and now is terrorizing me. Both she and her lawyer have threatened to sue my current therapist, Dr. George Taylor (in calls and letters) with malpractice if I submit this complaint. She has refused to pick up registered letters from my lawyer insisting she not contact me at home. She is using her lawyer, Howard Gold, to intimidate me and Dr. Taylor against the express written direction of my attorney to Howard Gold to correspond with him and not to contact me or Dr. Taylor. She violated practically every boundary of psychotherapy with me, and now is continuing to violate the law and the ethics boundaries of the profession to control and intimidate me and my current therapist.

#### Effects

In the several years preceding meeting Ms. Coale I was doing extremely well. I

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was fulfilled and active personally and professionally, held pro-bono professional positions, published frequently, and performed as a professional musician regularly (as I had for 20 years). I had decreased my therapy to an occasional basis with Dr. Fagan, who was retiring. I assumed that other than the short term family issues that were my original goal with Ms. Coale, I would not do further regular therapy.

The effect of Ms. Coale's malpractice has harmed every area of my life. I entrusted Ms. Coale with a level of vulnerability and intimacy that went beyond most relationships in my life. I cannot make sense of her justifying multiple roles as a therapist, including commitment to friendship, and then suddenly ending all these roles to protect her image as an "ethics expert." My sense of self-worth is shattered. My first and only suicide attempt (January '94) occurred in response to Ms. Coale's hostility and terminations. I am extremely depressed with many related problems, intrusive memories and of things she said and did, chronic suicidal feelings, frequent nightmares involving her, terror of doing further therapy, and panic attacks and dissociative episodes triggered by things related to therapy. I have a level of shame and fear of rejection that has made me withdraw from most of my relationships. My intimate relationships have suffered greatly. My sister is enraged and betrayed at Ms. Coale's disclosing confidential information, and this has caused a total breakdown in our relationship, with destructive effects throughout my family. I am left still not knowing who Ms. Coale has discussed my case with among my colleagues, since names of many professionals with whom I have other roles are in my record, but she refuses to identify which have been consulted and how.

I trusted Ms. Coale's promise of ongoing friendship, and it gave me hope of a way to manage the therapy harm. It also made me feel a loyalty and responsibility to hang in through her problems and illness. I now know that the relationship was harmful from near its beginning, and required professional intervention and resolution much sooner. The shock and trauma of the year and three months with her and the memories of the unpredictable, repeated terminations haunt me daily. - I am phobic about many things in my life because of their direct connection to her, such as going to professional meetings, church or neighborhood shops where I may see her (and have). I have had panic attacks and dissociative and suicidal episodes triggered by forms of intimidation Ms. Coale has used since ending the therapy.

Since beginning with her in 1993, I have had to restrict my practice to below income needs, and increase supervision to monitor my own possible impairment. I have stopped most professionally-related activities. I have doubts I can continue as a therapist. I have almost completely stopped performing as a professional musician, which was a central part of my identity and income.

Most of all, I have lost a sense of meaning and purpose in my life. In giving her the level of trust and love I did, I simply did what she herself invited me to do.

Ms. Coale now represents herself publicly as a Feminist and expert in ethics. This concerns me greatly as a professional, since everything I know and have read about the ethics of the profession and feminist ethics suggests she has violated both.

My role with Ms. Coale should have been that of client, but was not.  
Sincerely,

1 - Mental health information, Adults - Information and records compiled,...

P. S. The Board's instructions to complainants request specific examples. Thus I have included examples of the above problems in the following Attachments.

## Attachments

**Complaint by** 1 - Mental health information, Adult... **concerning Helen Coale, LCSW, LMFT**

1. **Examples: Non-therapy activities with H. Coale**
2. **Examples: Terminations of therapy of** 1 - Mental health information, A... **by H. Coale**
3. **Examples: Emotional and physical impairment of H. Coale**
4. **Examples: Violations of Confidentiality by H. Coale.**  
**Two limited waivers violated by H. Coale**
5. **Examples: Abuse of Therapeutic Power by Ms. Coale toward** 1 - Me...  
1 - Mental health information, A...
6. **Examples: Financial Exploitation of** 1 - Mental health information, A... **by H. Coale**
7. **Examples of termination letters from H. Coale (3/31/94 and 7/3/94)**  
**My letter of 10/19/95 requesting mediation**  
**H. Coale's Final termination letter 10/21/95**  
**Examples of written evidence of friendship from Ms. Coale**  
**Letter from Dr. Fagan to Dr. Coale**

**#1: Examples: Non-therapy contact between** 1 - Mental health information, A... **and H. Coale**

1. Ms. Coale spent the night at my cabin in North Georgia with me 5/21/94 (witness: Paula Burgess)
2. I visited her at her cabin in North Georgia (May 1994) (her directions enclosed).
3. I visited her house by invitation on many occasions throughout 1993 and 1994 which were not called therapy or paid for. She also visited my house. These occurred once or twice a week, and on or before most holidays. These visits were initially brief (about 30 minutes) but increased in frequency and duration. When she was incapacitated during the summer I spent 4 to 8 hours a week visiting her. During this time her boyfriend was in Italy.
4. On the first one of these visits (September, 1993) her boyfriend was there in the next room. She introduced me to him. She had told me that she had already told him I was # "special," and going to be a "real" part of his and her life and part of the "family." She held me on the couch in the living room while he watched television in the adjacent room.
5. Prior to this visit, Ms. Coale told me that when she had been discussing her relationship with me with her partner, he had wanted to invite me dinner, and she said she would like to do that, at a later time, which she did.
6. Ms. Coale invited me to have lunch and/or dinner and wine with her at her house on a number of occasions. Twice I accepted. These times were sometimes before "sessions" and sometimes designated as part of our friendship time. She would decide, if we were to have a "session," when the session started.
8. Once I brought her dinner from Murphy's restaurant and we ate together at her house. On another occasion she gave me pizza made by her partner for dinner.
9. Ms. Coale returned many calls from me during the week but also called me on her own initiative to leave messages about things that had nothing to do with therapy, such as how her day was going or her back problems. Sometimes she left these on my work machine and sometimes she called me at home. One example is that she called me at home twice on a Sunday night to say that there was a Pavarotti concert on television and she was taping it for me.
10. We went for walks together in her neighborhood. One was during the '94 Highland Spring Street Fair. We talked a lot about antiques and shared this interest.
11. Ms. Coale came by my house on her own initiative when my housemate's daughter got accidentally burned by a babysitter (fall '93). (Witness: Paula Burgess)
12. Ms. Coale had breakfast at my house on my birthday (March 1, 1994) and visited both offices I had during our therapy.
13. When Ms. Coale had a particularly traumatic doctor's visit, I supported her by meeting her and treating her to coffee at a restaurant (Kalo's) that morning, then accompanied her to her doctor's office and waited with her in the waiting room until the time of her appointment. She was distraught about this visit, which was to determine whether she would have surgery.

14. I visited Ms. Coale in the hospital when she went in for surgical procedures.

15. When Ms. Coale went to Italy in June, 1994, and on several other trips, she invited me to spend time in her back yard as I wished, prune or pick lettuce, and water the plants and trees, and check on her cat.

16. I visited her on numerous occasions during the debilitating part of her illness, and did favors as a friend, including errands, yardwork, and providing emotional support. She seemed to appreciate these times when they happened, but would later sometimes blow up at me about how much "unpaid" time we were having.

16. I once gave Ms. Coale a ride to pick up her car in the shop.

17. Ms. Coale attended music performances of mine at the Freight Room and Kalo's (Decatur). She came to one of these with her daughter, Meiyung, and son-in-law, and encouraged me to meet them. She said that they liked me, and she enjoyed that as part of our "family" connection.

19. She told me while on a visit to Colorado (Thanksgiving, '93) to visit her second daughter, Shinea, that she had told her a lot about me because she knew Shinea would like me, and in fact, Shinea was thinking of naming one of her new kittens after me,

20. When Ms. Coale was in bed after a hospital procedure (Spring '94) she asked her daughter Shinea to call me and tell me about her condition. Shinea and I spoke at length about Helen, about each other, and spoke of getting together.

20. Ms. Coale took me to see a house she was considering buying in the neighborhood (July, 1994) to see what I thought of it. We talked about how she could finance it, etc., and the house along with her decisions about life style changes necessitated by her medical problems. She talked with me throughout this decision process about the realtor, her financial concerns and possible plans for selling other real estate of hers, etc.

21. We met at church for walks in the surrounding neighborhood before her choir practice on 3 occasions during the summer of '94 on Wednesday nights. She invited me on many occasions to stay and listen to choir, and I did that several times.

22. Ms. Coale invited me to a Christmas performance of her choir in December of 1993, then encouraged me to join the church and choir. She introduced me to various choir members at church and the choir director, telling them I was a professional singer and suggesting that I join the choir.

23. She invited me to participate in a benefit musical performance at the church with her in summer, 1994. I declined, but came to see her.

24. During the week prior to the above performance, Ms. Coale called me at home to let me know it would be fine for me to come to the dress rehearsal for this performance, which I did. She hugged me and introduced me to other performers in the musical as her "friend" and a fellow musician.

24. Ms. Coale said that she would stand with us at the altar when my housemate's child was baptized at this church. I arranged the date for the baptism to work with her travel schedule. However, the date was soon after her last termination letter. She did not return my call asking whether she still planned to be a part of the baptism, and



cited this call as part of her frivolous police report on "stalking."

25. Ms. Coale shared professional struggles with me, such as how it felt to be well known in the community, and how that, according to her, made many people jealous. She said she had to be careful because there were a "lot of people in town out to get me." She shared examples of times other people had "crossed her" and how she had "gotten back at them." These conversations scared me, and added to my fear of her power.

26. On three occasions that I remember, Ms. Coale discussed problems she was having with supervisees (only once by name) and I sometimes gave her suggestions, or support when she was angry or frustrated with them.

27. When she had a client that needed to be hospitalized, she asked me for recommendations for hospitals and psychiatrists, which I gave her, and she followed my suggestion about which hospital to admit the client to.

28. On various occasions, inside and outside of therapy, Ms. Coale shared personal poetry which she had written with me. I have copies of these. I also wrote both poems and songs for Ms. Coale.

29. I encouraged Ms. Coale to begin writing again after not having written for some years, which she did and shared as she did it. Her first effort was a poem, which she gave me, and her second effort was an essay about chronic pain, which she gave me. She told me I was instrumental in her beginning to write again.

30. I encouraged her piano playing, another activity she had stopped. She also began this again until her neck got bad. She played for me and we played together at times, both at her house and mine. I wrote songs to and for her.

31. Ms. Coale shared in great depth her family history, in terms of events and personal issues and wounding. She talked especially about her mother, who had died the previous year. She shared feelings of mourning, as well as many stories about her mother, considering her family "line" as going from her mother to her to, me. She shared stories about the intimate things about their relationship and encouraged me to think of myself as connected to her mother, which I came to feel. She gave me some clothing of her deceased mother's.

She also shared ways she was working on her personal issues in the present, including dreams about her family, conversations with her sister and father that related to her family issues with them, and her frustrations and anger toward family members at various times throughout the therapy, such as when her father was dating again, and when she felt no one in the family was responding to her back pain.

32. Ms. Coale shared problems about her personal relationship with her lover, Carlo, and her dilemmas about this relationship, e.g. decisions about marriage, living together, whether to break up, her feelings about their sexual arrangement, etc.

33. In fall and winter of '93, Ms. Coale was absorbed in many personal stresses, including the anniversary of the death of her mother and the fact that a favorite aunt had cancer and was dying. She shared her feelings along the way about both of these situations, and her history and relationship with her mother in depth. She gave me clothing of her mother's and a picture of her, and told me she wanted me to be connected to her as "part of her family." She gave me an ornament made by her

ill aunt and said that she would like me to feel connected to her as well. Helen went to see this aunt before she died, and told me she told her aunt about giving the ornament to a "special friend" of hers.

34. Ms. Coale told me about a favorite friend of her mother's, who was as a "sister" to her mother, and "aunt" to Ms. Coale, as an example of how I could be "family" with her without being biologically related. She told me about being present with her mother and this "sister" at her mother's death.

35. When Ms. Coale learned that her sister had breast cancer, she shared her feelings and thoughts about this in depth. I was visiting at her house when her sister called to let her know she had cancer, and was the first person to know and talk about it with her. I helped her by clarifying certain questions about the cancer through talking with my housemate, a physician.

37. We exchanged numerous gifts of an intimate and personal nature, on many occasions beyond birthdays and Christmas. She also gave gifts to my housemate and her child at Christmas and on other occasions.

38. Because we often met outside therapy at my house or hers, and she came and went at my house and I often got together with her, she came to know both my partner and her daughter, who are as family to me. This also added to the feeling of being friends.

39. Ms. Coale spoke of looking forward to introducing me to her friends once the therapy was over. She told me about her best friend, Eileen, in quite some detail. She also told me about the roles other significant people played in her life, such as Carroll Daamon, Ph.D., and her husband Ed Uzee, M.D.

40. Ms. Coale told me, over the course of our relationship, about all her past and present medical problems in detail, her family history of cancer, her fears and struggles with these, and how she had attempted to cope.

41. Ms. Coale requested that I bring by some of my prescription sleeping medication to her one night when she said she was "at the end of her rope." Though she did not like to take prescription drugs because she was afraid of being addicted, she said she had not slept in over two weeks more than an hour a two a night.

42. We once met for tea at the McDonald's on North Druid Hills Road, and I often stopped and brought her iced tea, her favorite beverage to drink during working.

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#2: Terminations of Therapy of 1 - Mental health information, ... by H. Coale

1993

1. 10/21 by message on my phone answering machine

1994

2. 1/10 registered letter;
3. on or about 2/20 by message left on home phone answering machine
4. 3/15 couriered letter
5. 6/2 in person when arrived for conjoint session with Dr. Fagan, unknown to Dr. Fagan or myself
6. 4/4 by letter
7. 7/3 by letter
8. 9/29 by message left on office telephone machine
9. 10/21 by registered letter.

**Example:** (10/21/93) Most terminations occurred after Ms. Coale had either made a grave therapeutic error or lost emotional control. For example, the first termination occurred after a session in her attic room, where we would lie down together. She interrupted my story about a previous therapy to say she intended to find out if my previous therapist was licensed because she "violated boundaries with me." The idea of her going after my ex-therapist, who is very important to me, upset me, and I began sobbing. Ms. Coale became angry, called me abusive, and left me crying alone. midway through our session, screaming "You can come down when you learn to behave." She never returned. When able, I walked out of this office, which led through another office. To my shock, two clients-- my personal physician and her husband, my colleague--were still sitting in discussion after a session with Ms. Coale. Feeling ashamed and exposed, I had no choice but to walk between them to exit. That evening Ms. Coale called and terminated me in a phone message, without apology for the boundary violation. On 10/23/93 she met with Dr. Fagan and me, and was initially withdrawn, then broke into sobbing, saying she was overcome with emotional pain related to the anniversary of her mother's death and back pain. Dr. Fagan and I were concerned and supportive. Later in the session, Ms. Coale admitted her behavior was inappropriate, related to her own stress, and asked me to "forgive her." This incident harmed my relationship with my physician and my colleague, with whom I have professional connections.

The manner in which she terminated was unprofessional and highly traumatic. (She once sent a letter to my housemate apologizing because the terminations caused so much trauma to myself and to this friend.) On two occasions I arrived at her office, once for a scheduled appointment and once to drop off a note, to see letters to me on the lobby shelf which, since registered, I knew were termination letters. When I tried to discuss the trauma caused by the termination letters themselves, she dismissed me, saying, "Oh, don't pay any attention to them. They are just a legal requirement to protect me professionally." But this is precisely what made me feel so helpless. Being in close physical contact for hours at a time did, sessions on my bed, affectionate kissing, etc. increased our intimacy to a very intense level, making the abandonment all the more ripping to me.

I finally asked Ms. Coale (March, 1995) to specify what behavior on my part would result in any termination. She said, "You would have to do something that put me in danger or was malicious, like drive a car toward me in the parking lot." I said, "I could never do anything that endangered you." She said, "Of course, I know that. That's why you don't have to worry." There were five more terminations.



### #3: Practicing while impaired without seeking appropriate help (H. Coale)

Ms. Coale and I discussed her personal therapy issues and her therapy on several occasions, usually while we were talking about her unfinished personal work interfering in our relationship. She said that she had been with her current therapist for a long time, that the therapy was focussed on outward "problem-solving" and not deeper internal issues, and that she only went once or twice a month. She told me that she knew this therapist "could not help" with the issues she was having. We agreed that her problems are those caused by early relationship trauma that can only be worked on through a different kind of therapy through the relationship itself. We discussed her specific childhood emotional abuse/neglect, particularly in relation to her mother and sister, on many occasions. During the summer the issue of her own therapy was brought up again and at this time she had still not pursued appropriate personal therapy.

During her worst physical debilitation (May, June, July '94) I was her primary support, something that she told me often. She said that she did not invite her lover to come from Italy because her main emotional support came from her women and I was one of her special "women friends." She said she wasn't having others over at all.

#### Among Ms. Coale's own admissions of personal problems were:

1. She shared suicidal feelings, and intense personal emotions about her terror and depression related to being debilitated. She discussed with me how to share these with family members, then followed up with me about this and how it went.
2. She told me that she had become so emotionally withdrawn that she did not even pick up the phone to speak with her brother, of whom she was very fond, when he called to help.
3. She told me that she had severe insomnia for days and weeks at a time.
4. She discussed with me extensively her fears that she could not continue as a therapist due to her physical problems.
5. She expressed despair at loss of income on a regular basis, often following this with her anger that I was not paying her more (after our sessions decreased), yet when I offered to pay her more said "that's not the problem".
6. She was at times regressed to the point of being "in" childhood memories. On one such occasion she screamed, while sobbing and waving her arms into the air (she was lying down), "Everyone go away and leave me alone, leave me alone! I want to die! I just want to die!" I held her and comforted her. She was severely withdrawn and angry, with episodes of regression to very frightened, childlike places. Her thinking was disorganized and her perceptions of me often very distorted. She told me on a number of occasions that she was only sleeping a few hours a night. Helen had been drinking on some of the occasions on which we met at her house during or after meals (e.g. Saturday afternoons or evenings). She offered me wine several times when I ate with her, which I declined.
7. On June 8th Ms. Coale told me while visiting at her house that she no longer "cared" what clients were saying in sessions, she had become so detached. I said, "That must really concern you." She said, "That's just it, I have no feelings about it at all. I'm not even depressed, I just don't care."

#### #4. Details/ Examples: Violations of Confidentiality by H. Coale

1. Ms. Coale discussed her relationship with me, and her problems with me, with her lover throughout the therapy without my permission. I let this and other confidentiality violations I knew of "pass" without confronting her for two reasons: in the name of our "friendship," and because I'd learned she would retaliate if I confronted her.

2. The incident described above (Details : Terminations) in which I was forced to walk through a closed office where my personal physician and her husband were meeting was a deeply disturbing violation of my confidentiality.

3. Ms. Coale told me she routinely talked about me in friendly conversations with her best friend Eileen, a social worker. I was uncomfortable about this, but she presented it as if she were describing me as a friend Eileen would one day meet. I became more concerned when Ms. Coale on one occasion told me that she was discussing her negative countertransference toward me at dinner with Eileen, and how it related to her problems with her mother.

4. Ms. Coale's only supervision, according to her, was a group led by one of my best friends and colleagues, Dr. Sue Schrader. In our first month of therapy, we discussed how well Dr. Schrader knows me, and Ms. Coale said that she felt that she should drop out of this group for ethical reasons, because even if she did not use my name, Sue might associate Helen or her therapist issues with me. Indeed this did happen. Dr. Schrader approached me and told me that she realized she was supervising my therapist, though she would not discuss me personally. Not only did Ms. Coale not leave the group, but I have reason to believe she did discuss my case.

5. Ms. Coale's public displays of disgust toward me are visible to others and I feel imply a past relationship and her feelings about it.

6. On several occasions Ms. Coale discussed information about other of her clients or and supervisees with me. She was often angry because she did not perceive them doing therapy the way she wanted, and of one supervisee once said, "I'm going to climb her ass." When I told her this alarmed me, she said, "Oh, that's just because of your sexual abuse." I felt intimidated by both her language and the way she spoke of using her power to force others to do what she wanted, and the fact that she presented herself as "so experienced" her opinions and actions were without question.

7. Among consultants named in the record are a number of professional colleagues with whom I have other professional relationships, such as shared clients, or conflicts of interest. Ms. Coale agreed to clear names of consultants and not only did not, but denied she was consulting with anyone locally. She also consulted at least two persons whom I specifically asked her NOT to consult due to prior history.

8. Ms. Coale copied messages from me from her voice mail onto cassettes without my knowledge or permission. In September she referred to a message she "still had". I asked what she meant, since I knew voice mail is an electronic system. She said, "Oh its still on my voice mail, I just havent deleted it." She denied that she had kept messages. She is now using these tapes as part of the "record" and "evidence."

Following are two specifically limited authorizations which Ms. Coale violated:

**#5: Examples: Abuse of Therapist Power with** 1 - Mental health information, A... **by H. Coale**

Ms. Coale arbitrarily changed the rules so I was always "in the dark" about what would cause her to retaliate. Things that would not bother her at one time would cause her to become irate at other times. She consistently blamed me for her own emotional withdrawing, when no explicit limit had been broken. For example, sometimes she would complain about my number of phone calls, but she never set a concrete limit about how many calls were "OK." She herself often broke her own rules, further confusing me about the norms of our relationship. For example, On one occasion she told me, in a very angry way, not to make any calls except about "logistics." The next day she called me twice at home on a Sunday night to tell me about an opera on TV she was taping for me. When I brought this contradiction up, she accused me of trying to "frame her" when she was "simply being a friend." After this both my calls and hers returned to being frequent, and about personal matters, etc. "Limits" were never discussed (except phone calls) but always imposed retroactively when she was angry.

Her not setting limits about things such as phone calls, then blaming me for breaking them as if I should have known what she wanted, and arbitrarily changing them over and over made me feel totally helpless and disempowered about where the lines were, and what would evoke her retaliative anger toward me. It was as if she did not want me to have clear information, so she would be free to find fault with me any time she needed. I was intimidated by her arbitrary, punitive, attitude when she acted as if I'd broken a rule we had not discussed. She called this "my problem with limits." I was also confused because the friendship had one set of rules, and she was open and encouraged closeness, such as calling her at home, etc., but she would switch to a rigid and hostile place in the office, setting totally different rules.

When I became upset in Ms. Coale's office, she would harass and threaten me with termination, rather than respond appropriately to my feelings, or consider soundproofing or other professional steps toward privacy. A particularly traumatic session was one (early '94) in which Ms. Coale acted indifferent and hostile, then accused me of being "a hopeless client" when I commented on her indifference. She then demanded that I stop crying because she did not want other people in the office to hear me. I said I would have to leave, because I could not stop crying, and tried to walk to the door. She blocked me, and continued to berate me; while I tried to get by her to leave, growing more and more panicked. I finally begged her to move so I could reach the door, which she did not. I finally squeezed by her; she still yelling at me, and hurried to my car, crying. Realizing there was 15 minutes left in my session, and fearful of another termination, I composed myself and returned to her office, where the door was open. She was literally running around the office waving her arms and wailing, "What am I going to do? What am I going to do? You upset my MPD client in the waiting room because you went out crying!" She ran to her desk and threw her head down, pounding on her head. I knelt by her and talked reassuringly until she calmed down, as well as offered to go sit with the client, who did not appear upset. When she calmed down, I left.

Other forms of intimidation including belittling, sarcasm, blame, threats (such as picking up the phone to call a hospital because I could not stop crying), demeaning, accusations, screaming, and retrospectively changing the facts that led to her inappropriate behavior (such as terminations) to defend her behavior. She seemed personally invested in distorting the facts of our as if to prove how crazy or bad I am and therefore to blame. I felt she had flipped into a locked in place of hating and hostility toward me. This made me feel ashamed and hopeless.

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#5 (Cont'd) Abuse of Therapeutic Power with 1 - Mental health information, A... by H. Coale

The following examples are related to ways she would distort the facts of events between us to paint a picture of me as blameworthy and even "violent."

**Example 1:** In a session in September 1993, sitting together on the floor, Ms. Coale playfully encouraged me to hit her on the leg when I was in a timid "child" place, and said I was "mad." I said I didn't want to. She said, "Go ahead--it's OK." I lifted my hand and limply put it down on her leg. She and I both laughed. In later months, Ms. Coale referred to this as my having "hit" her, "attacked her", or being "violent." There was no other occasion of my being physically dangerous in any way in any session in or out of therapy, although the sessions were often emotionally intense on both sides.

**Example 2:** When she terminated me on 9/29 Ms. Coale put a call block on my telephone lines to her house, as if my calling were a threat, in spite of the fact that even with her permission to call her home I did this less than 6 or 8 times in our therapy, and then primarily in response to calls from her about getting together for social time.

**Example 3:** On September 28, 1994 we were meeting in her back-yard. I said I needed to discuss the impact of her anger on me. She became enraged, saying she was "not an angry person" and she was "sick of hearing about it" and I was using it as a "cop out" for my own problems. She then ordered me into her house, saying she would "not have this kind of behavior on her property. I was devastated, and continued crying when we sat down in the house. When I said that once again she had blocked discussing the therapy problems, she said I was "distorting things" out of my "victim trip." She said she "wouldn't buy it" that she had made any mistakes or committed any violation, and that I needed to take responsibility for the therapy failing.

**Additional examples of falsification**

Other examples of falsification are evident in her letter of October 21, where she denied we had a friendship and in fact she had promised and intended to remain my friend, lied about my therapy history to paint the picture of me being responsible for the therapy failing.

The falsification evident in my clinical record from Ms. Coale is profound, and too extensive to discuss here.

**#6: Details/Examples: Financial Exploitation by H. Coale**

1. Sessions in office and home were arranged as 1 or 2 hours, but Helen would go on as long as was convenient for her, informing me afterward what she wanted me to pay. She would include time that was spent in dinner or discussions of her new medical concerns, which I paid without question until finally raising this issue in October 1994. Boundaries were unclear and I was often disturbed at the cost I was incurring, but I was afraid of Helen's anger if I brought it up.
2. Any discussion of finances was met with fury from Helen because she said she "gave so much" to me outside of therapy with phone calls, etc. I felt like there should have been mutual agreement on what I was paying for, rather than justifying one thing by another.
3. I paid for many sessions in which the entire agenda was Helen's emotional problems. As she became more sick and irrational, she required me to pay her to "be with her," which she said "took energy," even though our discussions involved her problems.
4. I paid a large amount of money to Helen for months after the time when she was incapable of functioning in a therapeutic role. I feel it was wrong for her to take money from me while she was impaired, had abandoned a therapeutic role, and the relationship was so clearly destructive.
5. I paid Ms. Coale an average of \$1250 per month, approximately 1/3 of my income, prior to her complete "breakdown" in May. When she became completely debilitated, she seemed angry that I then represented less money to her. She brought this up nearly every time we met. I felt confused and helpless, since she also said she could not spend more time with me and she could not "do therapy." Yet each time I brought up fees and whether she wished to increase them she said, "No, you are not the problem."
6. Ms. Coale frequently used my support to discuss her financial distress, unrelated to me, and this was also stressful to me. She was very preoccupied with money issues. Her constant preoccupation with this confused me because I felt she was telling me I was responsible or should help somehow.
7. She continued to take large sums of money from me for months after she had emotionally cut herself off from me. By January 1994, she rarely seemed able to separate from her own issues and feelings to express any empathy at all. I thought this was temporary. I now know she "left" me emotionally long before she "fired" me.
8. After resistance and delays in sending my clinical record to my current therapist, Ms. Coale charged me \$315.00 for the copy of the record. She charged me for copying over 160 pages of published chapters in books we had shared from mutual collegial interests, articles that were not a part of our therapy, published and articles of mine which I asked her not to go to the expense of copying. Then in less than 30 days since receiving these charges she sent me bills through Dr. Taylor, bills to my home address, and a threat from her lawyer to my home address threatening to turn me over to a collection agency and charge "maximal legal fees" for non-payment.



15 FEB 90

Dear Miriam....

This is a mighty hard letter to write. I need for you to know what happened to me as a result of our last telephone conversation last October. At that time, I had been doing extremely well for about 6 wks. with scores on my little 1-10 chart of 8's and 9's. I had started school with enthusiasm and was doing well, both as teacher and student. And then came that last conversation. I understand that you mentioned something to Laura about thinking that I called expecting to have you angry with me, or something. That's true, in a sense. I was wary that you might be angry with me because of something in my last letter to you...but I was thinking in terms of a worst-case scenario where we might have to process something difficult. I sure wasn't expecting or desiring what happened. Took me totally by surprise. What I experienced at my end of the conversation was this: that you were behaving in a way that I had never encountered before with you. You were brusque, short, irritable, clearly angry. At the start of the conversation, I said something like, "my calls seem to be burdensome to you," and you said, "yes." You said that I clearly hadn't completed my transition to Laura as my therapist, that I hadn't let go of you. Thoroughly flustered, I confused Laura's name with yours, something I had never done before. I tried to tell you that that wasn't a problem, and you refused to hear. In truth, I was doing very nicely with the transition. When I thought or said, "my therapist," it was Laura I was thinking or talking about. I wasn't aware at that point that there was a time frame set out for making that transition....that I was expected to achieve it totally by that day in October. I still loved you fiercely and cherished all that we had shared, but Laura was (and is) my therapist. Then you went on to expostulate at length about my unrealistic expectations of you and you ended up saying that you didn't know what to do with me (since I was behaving badly); that you didn't have time to talk to me on the phone anymore or to write to me, and that you wanted me to take care of making my transition to Laura and to get in touch with you later..... much later.....when I had cleaned up my mess. It sounded like you were hoping that it would be a long time, or never, before you heard from me again.

I almost don't have any words to tell you how devastating that was for me. At that point, you were about the most important person in my life. I was deeply grateful to you. Your importance arose not just

from all that we shared in therapy together, but from who I thought you were. Up until then, I had believed with all my heart that I had finally experienced what it felt like to be truly loved, damn near unconditionally, I thought that we had come to meet on some kind of soul level, that we had a relationship that transcended the therapist/client relationship. I thought that you would be a constant in my life, someone I could always count on to love me, someone that I could always share certain things with. Sure I wanted to cultivate a friendship with you, but I knew and accepted the fact that a full-blown social relationship would never be possible for us, because of our previous therapeutic relationship. I wasn't asking for that. I had something else in mind when I talked to you in my letter about wanting you to share in some sort of women's spirituality conferences. Something more collegial with really tight boundaries. You were my mentor and role model for so many important things. And perhaps most importantly, most crucially of all, you were

2 - Name - Whistleblower Regar... Mom. You helped to deliver her into my conscious awareness.

You taught me how to love her, by loving her. You comforted her and took care of her. I guess I don't need to tell you all that....you know.

So, in the space of one short phone call, I lost everything I believed I had with you. Your sudden, angry rejection of me laid to waste all that I had believed we had between us. My belief that you were one person in the world who really loved me, for me, was gone, invalidated. All that I learned from/with you in 3 yrs. of therapy was invalidated, all of it. Everything was invalidated. And worst of

all, 2 - Name - Whistleblower ... lost her Mom. Gone were your arms that had held her, gone was your supportive presence. All the things you taught her about love, and about being cared for, about safety and constancy were suddenly gone in a world-class abandonment.

At first I was mainly just stunned. I managed to tell Laura a little bit about it when it first happened, but then I kept telling her that it was too big, that I couldn't deal with it. Went through a brief period of denial, in which I half-way convinced myself that losing you wasn't a big deal, that it didn't matter. And then, real quickly, the bottom fell out and I fell for a long, long time. It was much worse than before, because I didn't have all the stuff I had learned from you to hang onto. After some major unpleasantness, I got to spend 2 weeks in a locked ward of a psych hospital. You know what a neat experience that

was for me. I had to drop out of school and stop teaching halfway through the Fall term. It looks like I'm going to miss all this year of school. I'm hoping to be able to start school again in the Fall, with a group of people who will have some pretty strange memories of me. I have been unable to do much of anything. I have been much too suicidal and dysfunctional to leave alone, and my parents have been living with me since last Nov. I really broke down into my component pieces this time. Felt like there was nothing left to go on with. I'm doing better now. Probably pretty soon my parents will be able to go back to their apt. I am still not at all committed to staying alive, but I've reached that point where I'm willing to hang around to see if life can become tolerable.

I don't know if the rift between us can be bridged or repaired. I'm awful scared to try. I suppose it would be good for me if I could learn that things are other than what I perceive them to be, but I'm doubtful that that can happen. I don't know. I would like for you to respond to this, but not directly to me. If you are willing to respond, I would appreciate it if you would write a letter to Laura, and she will hold on to it until I am able to read it. When I heard from you (through Laura) that, in your perception, nothing much had happened during that phone call and that you did not perceive yourself to have rejected me, I got really angry. Seemed like you were invalidating my very experience of being invalidated by you.

So, what I'm asking of you is for you to make it better if you can. If you can't make it better, I sure do hope you don't make it worse. I can't lie about the fact that I still love you a whole lot. Old habits die hard.

Laura Brown, Ph.D.  
4527 1st Ave. N.E.  
Seattle, WA 98015  
(206) 633-2405

2 - Name - Whi...



# **LAURA S. BROWN PH.D. ABPP**

## **DIPLOMATE IN CLINICAL PSYCHOLOGY**

4527 First Avenue NE, Seattle WA 98105-4801

(206) 633-2405/ Fax (206) 547-8725

### **PSYCHOEDUCATIONAL CONSULTATION INFORMATION DISCLOSURE STATEMENT**

#### **Your Rights as a Consultation Client**

Psychoeducational consultation is a relationship between people which works in part because of clearly defined rights and responsibilities held by each person. It is somewhat different from therapy, because we are primarily focusing on your process of making a specific decision or moving towards a specific action rather than doing an open-ended exploration of your feelings and functioning. However, because even this sort of focused activity can evoke difficult feelings at times, it helps to have a clear frame for the work we do together. This frame helps to create the safety to take risks and the support to become empowered to change. As a recipient of services, you have certain rights that are important for you to know about. There are also certain limitations to those rights that you should be aware of. As a consultant, I have corresponding responsibilities to you.

#### **My Responsibilities to You as Your Consultant**

##### **I. Confidentiality**

With the exception of certain specific exceptions described below, you have the absolute right to the confidentiality of your consultation. I cannot and will not tell anyone else what you have told me, or even that you are consulting with me without your prior written permission. Under the provisions of the Health Care Information Act of 1992, I may legally speak to another health care provider or a member of your family about you without your prior consent, but I will not do so unless the situation is an emergency. I will always act so as to protect your privacy even if you do release me in writing to share information about you. You may direct me to share information with whomever you chose, and you can change your mind and revoke that permission at any time.

The following are legal exceptions to your right to confidentiality. I would inform you of any time when I think I will have to put these into effect.

1. If I have good reason to believe that you will do physical harm another person, I must attempt to inform that person and warn them of your intentions. I must also contact the police and ask them to protect your intended victim.

2. If I have good reason to believe that you are abusing or neglecting a child or vulnerable adult, or if you give me information about someone else who is doing this, I must inform Child Protective Services within 72 hours.

3. If I believe that you are in imminent danger of harming yourself, I may legally break confidentiality and call the police or the county crisis team. I am not obligated to do this, and would explore all other options with you before I took this step.

4. If you are filing a complaint or are a plaintiff in a lawsuit where you bring up the question of your mental health, this action most likely creates a statutory waiver of your right to the confidentiality of these records. In spite of that, I will not release information without your signed consent or a court order. We can also discuss obtaining a protective order to help maintain confidentiality of records. Please let me know if you are in this kind of situation so that I can take the utmost care possible to protect your privacy in my records.

## **II: Record-keeping.**

I normally keep very brief records, noting only that you have been here and a few words describing the topics we have discussed. If you prefer that I keep no records, you must give me a written request to this effect for your file. Under the provisions of the Health Care Information Act of 1992, you have the right to a copy of your file at any time, giving me the chance to print it out from my computer. You have the right to request that I correct any errors in your file. You have the right to request that I make a copy of your file available to any other health care provider at your written request. I maintain your records in a secure location in my office, or on a computer disk which cannot be entered by anyone else.

## **III. Other Rights**

You have the right to ask questions about anything that happens in consultation. I'm always willing to discuss how and why I've decided to do what I'm doing, and to look at alternatives that might work better. You can feel free to ask me to try something that you think will be helpful. You can ask me about my training for working with your concerns, and can request that I refer you to someone else if you decide I'm not the right consultant for you. You are free to end this consultation relationship at any time.

## **My Training and Approach to Consultation**

I have a Ph. D. in Clinical Psychology earned in 1977 at Southern Illinois University. I am a licensed psychologist (#615) in Washington State, and a registrant (#31637) of the National Register of Health Service Providers in Psychology. I was awarded the Diplomate in Clinical Psychology of the American Board of Professional Psychology in 1986. My areas of special training and expertise include women's and gender issues in general, and specifically working with survivors of trauma, abuse, and victimization, and people in recovery from alcohol and drugs.

My approach to consultation is based on the theory called Feminist Therapy. This is a philosophy of psychotherapy which looks at the relationship of gender, power, and cultural forces in determining a person's developmental experiences and problems. My emphasis in consultation is to empower your abilities as an adult decision-maker to arrive at goals and strategies for action with which you personally feel comfortable. I use a variety of techniques in the consultation process, trying

to find what will work best for you. These techniques are likely to include dialogue, cognitive reframing, awareness exercises, self-monitoring experiments, journal-keeping, and reading books.. I may suggest that you get involved in a therapy or support group, or seek individual therapy, as part of your work with me. You have the right to refuse anything that I suggest without being penalized in any way. I do not have social or sexual relationships with clients or former clients.

You have the right to decide when consultation will end, with two exceptions. If I am not able to help you, my ethics require me to inform you of this fact and refer you to someone else who can better and more effectively meet your needs. I would continue to meet with you until you had established a relationship with a new consultant, and would assist you in finding this person. If you do violence to or harass myself, the office, or my family, I reserve the right to terminate our relationship unilaterally and immediately. I will do all that I can to work with you to prevent such an episode from occurring if it appears possible.

There are times when I consult with professional colleagues to gain greater insight and feedback for my work. If I consult on my work with you, I will not use your name or any information that can identify you. I will tell you in advance the names of the people I consult with so that you can tell me if one of them is a person you don't want me to discuss our work with.

I am away from the office several times during the year for professional meetings and vacations. I will tell you well in advance of any planned absences, and provide you with the name and phone number of the person covering my practice. That person's name and number will also be on the outgoing tape of the answering machine. However, because this is a consultation relationship and not psychotherapy, I will not usually be available on an emergency basis for you, although I will return all phone calls in a timely fashion.

#### **Your Responsibilities as a Consultation Client**

I. You are responsible for coming to your session on time and at the time we have scheduled. If you are late, we will end on time and not run over into the next person's session. If you miss a session without cancelling, or cancel with less than twenty-four hours notice, you must pay for that session at our next regularly scheduled meeting. The answering machine has a time and date stamp which will keep track of time to cancellation.. The only exception to this rule is if you would endanger yourself by attempting to come (for instance, driving on icy roads without proper tires).

II. You are responsible for paying for your session weekly unless we have made other firm arrangements in advance. My fee for a session, which usually lasts 45-50 minutes, is \$90.00. If we decide to meet for a longer session, I will bill you prorated on the hourly fee. If we regularly spend more than 10 minutes between sessions on the phone, or if you leave regular long phone messages, I will bill you on a prorated basis for time talking on the phone and listening to long messages. My fees go up \$10.00 every two years, on the even year.

III. It is unlikely that insurance will pay for this sort of consultation. I will not be giving you a diagnosis, because the focus of consultation is not the treatment of a problem, and most insurance will only pay for something that has a diagnosis. However, I am willing to send you a bill for our meetings

if you would like to attempt to get reimbursement. If you have insurance, you are responsible for providing me with the information I need to prepare your bill, such as your identification number. You must pay me your deductible if it applies and any co-payment. You must arrange for any pre-authorizations necessary.

IV. I am not willing to have clients run a bill with me. If you find that you are having a hard time paying for consultation, please discuss it with me. I have a percentage of slots in my practice reserved for lower-fee clients, and if one of those is open, I would make it available. Or, we may meet less frequently. If your financial circumstances improve, please let me know so that I could make the low-fee slot available to someone else. I cannot accept barter, nor can I take DSHS medical coupons. I am a Medicare participating provider and accept assignment from them. Any overdue bills will be charged 1.5% per month interest. If you eventually refuse to pay your debt, I reserve the right to give your name and the amount due to a collection agency.

### Complaints

If you're unhappy with what's happening in our consultation, I hope you'll talk about with me so that I can respond to your concerns. I will take such criticism seriously, and with care and respect. If you believe that I've been unwilling to listen and respond, or that I have behaved unethically, you can complain about my behavior to either the Examining Board for Psychology, Dept. of Health, Olympia WA 98504, or the the Ethics Committee of the American Psychological Association, 750-1st St NE, Washington DC 20002-4242. You are also free to discuss your complaints about me with anyone you wish, and do not have any responsibility to maintain confidentiality about what I do that you don't like.

### Client Consent to Psychoeducational Consultation

I have read this statement, asked any questions that I needed to, and understand it. complete I agree to pay the fee of \$90.00 per session. I understand my rights and responsibilities as a client, and my consultant's responsibilities to me. I agree to undertake consultation with Laura S. Brown, Ph.D. I know I can end consultation at any time I wish. I am over the age of eighteen.

Signed: \_\_\_\_\_  
1 - Mental health information, Adults - Information and records compiled, obtained, or mainta...

Client

Date: 2/5/95

Witness: Paul D. Ryan M.D.

## AUTHORIZATION FOR RELEASE OF INFORMATION AND RECORDS

TO: Laura Brown, PhD

I have been informed that under Georgia law, communications between a patient and his or her psychologist or mental health professional are privileged, or confidential, or both, and may not be disclosed by the psychologist or mental health professional unless the patient consents. I have also been informed that patient records maintained by a psychologist or other mental health professional may not be disclosed to third parties except with the patient's consent or through legal process.

I hereby authorize Laura Brown, PhD to disclose, release, and/or obtain records to/from information of

psychiatrist  
My primary care physician, Dr. Robert L. Roberts

My family members as listed \_\_\_\_\_

✓ My lawyer Tyler Dixon, Andrew Sheldon PhD, Atty.

The person who referred me \_\_\_\_\_

My previous therapist \_\_\_\_\_

My insurance company \_\_\_\_\_

✓ Other Jan Fagan, PhD, George Taylor, PhD

This authorization is only for the limited purpose of releasing information to and discussing my case with these individuals or companies for purposes of evaluation and treatment. It shall not be deemed a waiver of any privileged communications or confidential information. Please discuss purpose and nature of any proposed communication with above persons with me  
This authorization shall remain in effect until revoked by me in writing. Verahard

This 3rd day of March 1995

1 - Mental health information, Adults - Information and records compiled, obtained...

Signature of patient if of majority

Signature of legal guardian

Witnessed by [Signature]

Date 3/3/95

2. 21. 00

TO WHOM IT MAY CONCERN:

L = LAURA BROWN

C =

2 - Name - Whistleblower Regarding Health Care Provider or Health Care...

4 WEEKS' WORTH OF EMAIL DURING MAY-JUNE,  
1997 IS MISSING. I WAS AWAY FROM HOME  
& USING A FRIEND'S COMPUTER.

THANKS.

2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW 43.70.0...

**To:** "Laura S. Brown" <lsbrown@compuserve.com>

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

**Subject:** Re: Don't forget

**Cc:**

**Bcc:**

**X-Attachments:**

L >That our appointment this week is Thursday at one. Since you sent your log,  
>which normally happens the day before, I thought I'd remind you. See you  
>then.

C I actually remembered. I just always try to send the log on Tuesdays even if I'm not  
going to see you on Wednesday. Just to keep it tidy, you know.....

C See you tomorrow.....

2 - Name - Whi...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Appointment stuff

Cc:

Bcc:

X-Attachments:

L >I'm not going to be in town Thursday, will be in the air on the way to  
>Pittsburgh.

C Pittsburgh! How utterly.....grim.

L >What we could do is a phone session at nine on Thursday, when I'll still  
>not have left for the airport- I know it would be impossible to make it in  
>in person by then. I'm very sorry about this disruption in your life from  
>my end (sigh).

C No problem at all. Howsabout we wait and see if I really NEED to touch bases with you  
on Thursday by phone....???

C Pittsburgh?

2 - Name - Whistle...



To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Appointment stuff

Cc:

Bcc:

X-Attachments:

L >Turns out I'm NOT going to court on Wednesday. So if you want your time,  
>it's there. And if you'd rather do Thursday phone, it's also there. Thanks  
>for flexing with this.

C That's me. Flexible.

C I'm gonna pass on a Wednesday appointment since we've promised to take them Atlanta girls to Vashon on Wednesday if'n I'm up to going anywhere by then.

C May need a Thursday phone thing. I seem to be having a full-blown PTSD thingie, with labile emotions, lots of intrusive thoughts, depression and all that. Downright strange, and with sucky timing.

C I'm coping pretty good.

C Be happy to: a) talk to you on Thursday  
b) deal with it in email  
c) just wait 'til I see you the next week

C Your choice entirely. All of them suit me at this point. If it gets worse, I'll holler. I promise. Phoenix knows what's going on and is keeping an eye on me.

2 - Name - Whistle...

To: "Laura S. Brown" <lsbrown@compuserve.com>  
From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...  
Subject: Re: Appointment stuff  
Cc:  
Bcc:  
X-Attachments:

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2 - Name - ...

**To:** "Laura S. Brown" <lsbrown@compuserve.com>

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

**Subject:** Re: Appointment stuff

**Cc:**

**Bcc:**

**X-Attachments:**

L >OK. Why don't we at least talk on Thursday morning, unless 9 am is too  
>early for you?

C Itsa deal. 9 am is fine. Thanks.

2 - Name - W...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Time change next week

Cc:

Bcc:

X-Attachments:

L 2 - Name - Whis... I just learned that I will need to go to Olympia to testify on Wed  
>the 19th. Can we change our time that week to Tuesday at 11?

C That'll be fine. I'll try and remember to make a note and try to remember to show up  
on the right day....you'd better remind me Wednesday, OK?

L >Also, am tracking down Jean Hamilton. Apparently the gig at Hahneman was a  
>horrible bust, but I did talk to someone this weekend who knows where she  
>is. Thank goddess for the old dykes network (grin). See you Wednesday.

C Wow. Wonder what on earth happened? The poor dear. Thanks for your detective work.  
Wednesday it is.....

2 - Name - Wh...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Nonurgent query

Cc:

Bcc:

X-Attachments:

L >She's not a foodie, due to no nerve to nose/taste buds. She loves  
>Frappucinos, drinks a lot of those (Grin), should do the trick. See you  
>then.

C Good. Where does one acquire a Frappucino? Never heard of it.

2 - Name - Wh...

**To: Laura****From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...**Subject: In case you missed this, which you probably didn't....****Cc:****Bcc:****X-Attachments:****Found this on Starhawk's homepage:**

This fall also saw the publication of Marcia Falk's Book of Blessings. (HarperSanFrancisco.) With great sensitivity and impeccable scholarship, Marcia has rewritten the Jewish liturgy so that it works for women and for men who are tired of a masculinist vision of God. Her achievement is far more than just gender-neutral language-- she really delves into the heart of each prayer, and succeeds in bringing out new layers of meaning. Also, she's a fine poet in both English and Hebrew. For Jewish Pagans, this book is a new classic, the work we've all been waiting for. For non-Jewish Pagans, it's a rich source of liturgies that can work in many settings-- especially when ecumenical ritual is called for. For non-Pagan Jews, it's a book that will illumine the Jewish tradition from a fresh perspective and infuse it with new life.

Just one example: the traditional Shema, the most basic Jewish declaration of faith, is: "Hear, Oh Israel, the Lord Our God, The Lord is One." Marcia's version: "Hear, Oh Israel, the divine abounds everywhere and dwells in everything: the many are One."

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Miscellaneous things, none urgent

Cc:

Bcc:

X-Attachments:

ALL  
C  
First of all, which flavor of Frappuccino does Miriam like? Apparently they come in coffee and mocha.

Second of all, I don't guess I can make my April 2 appointment. We're picking up my Dad at the airport on April 1 (Tuesday) and his plane gets in at 6:30pm and I'm sure I'll be way too wrecked after that to attempt a trip to Seattle the next day.

So....any hope of getting in to see you the afternoon of April 1? Or on Thursday the 3rd? If the answer is yes to either of those, any hope of coordinating an appt. with Miriam so that she could install my CD-Rom? I don't want much, do I?

And the final thing is a question asked by Suzette Haden Elgin in her newsletter. Thought you might be able to answer it. Remember her? The feminist/linguist/sci-fi writer?

Anyway, I'll just quote the paragraph from the newsletter:

My thanks to Rob Layton from a piece from the 12/14/96 Calgary Heral Observer titled "Tradition Meets Technology: Orthodox Judaism develops some ingenious compromises," by Nicolas Goldberg. I had already heard elsewhere about the "Virtual Jerusalem" site on the Internet that lets you email to the Holy Wall, but the rest of it was new. I didn't know Orthodox Jews are forbidden to interrupt when someone is talking, and are therefore forbidden to use call-waiting. And I didn't know about the "Shabbat elevator" which "operates in most major hotels in Jerusalem" and "is programmed to move constantly, stopping on each floor every minute or so, so that observant Jews can travel up or down simply by stepping in or out>" (without doing the work of pushing buttons) This is not cheating, says Moshe Halbertol, because the prohibition isn't against going up in the elevator by "against you being a direct agent of causing change in the world."

This is very interesting. And I have a question. The rule about interrupting, the article says, is because it would be "a show of contempt for one's fellow man." Is this the famous Generic Man that is alleged to include women? That is, is it also against the religious law to interrupt a woman?

Any comments?

2 - Name - ...

To: "Laura S. Brown" <lsbrown@compuserve.com>  
From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...  
Subject: Re: Miscellaneous things, none urgent  
Cc:  
Bcc:  
X-Attachments:

L >OK, in order. I can't do the appointment question until Monday because I'm  
>just now in Memphis airport on way to St. Petersburg and absent appointment  
>book (grin). I think it will work, but don't want to say so until I have  
>the book in front of me.

C Well, DUH. I shoulda known you didn't travel with your appointment book.

L >Your dad is coming??!!!

C Oh. Yeah. Guess I forgot to mention that, huh? He's arriving on April 1, like I  
said, and then I'm dropping him off at my esteemed brother's house on April 16. He'll  
stay there some unknown period of time and then they'll take him to the airport and  
ship him off to Monterey to visit a short time with my esteemed Aunt Joyce and then  
home. Whole trip will be completed within 1 month, because that's as long as the P.O.  
will hold his mail.

L >She likes Mocha.

C Thanks.

L >And re: is this a generic human? You know, I don't know? My guess is among  
>the observant Jews I know, who are also feminist or pro-feminist, the  
>answer would be yes. But among others.....(sigh).

C ~~Hmmmmmmmmmm~~.

L >The Shabbat elevators  
>are a fascinating phenomenon. I've traveled in them myself. Jews are great  
>at using technology to observe the letter of the law- and then the Jewish  
>renewal (e.g. new age orthodox) types refuse to do that on the grounds that  
>it violates the spirit of the law.

C New age orthodox Jews. Now there's a concept that's hard to wrap my mind  
around....since it sounds like they are reactionary and conservative in the extreme.  
How odd.

C St. Petersburg. Better you than me. Hope it's going well.

2 - Name - ...



To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW...

Subject: Nonurgent; copy of something I wrote to 1 - Mental heal... about therapy and spirituality; thought you might be interested and might have an opinion or two; read at your leisure if you like, and we can talk about it when I see you again.....unless you want to comment in email....

Cc:

Bcc:

X-Attachments:

ALL  
C  
I think I'm finally ready to write about this. The other day when we were sitting on the ferry loading dock waiting for the ferry home, we got into this subject and Phoenix said some stuff that just knocked me on my ass. Had to digest, think and talk to her some more before I could talk to you about it.

The subject of therapy and spirituality came up, and Phoenix said she thought they had nothing to do with each other. I was shocked. I stated very firmly that MY experience was that the whole therapy process had been and was deeply spiritual. That it was responsible for the spiritual being that I am today.

Phoenix asked, "Have you grown spiritually in the last decade?"

I gasped. I sputtered. I went into a High Huff and said, "How DARE you ask me that? You can know me as well as you know me, and know my history, and ask me that?"

Then she explained herself. Some of what follows is from that conversation; some from the conversation we had yesterday. She allowed as how therapy and spirituality indeed have little to do with each other. That what therapy had done for me was to remove the roadblocks that were keeping me from finding my spiritual self. It restored me to my Self, and freed me to be spiritual. It was not itself a spiritual process. Therapy was therapy. A therapist is a therapist and not a clergywoman. She asked me if Laura had ever actually provided me with any guidance in the practice of my religion.

Well, no....of course not. She's a Jew, not a pagan and.....uh.....it's not her job.

Phoenix went on (rather bravely, considering the state I was in) to say that I did not practice my religion. She said that she didn't either. She said that we're both too sick to practice our religion and that she herself considers herself a pagan on hiatus, on sabbatical. That practicing our religion means doing ritual, observing the high holy days, observing the lunar cycle.....that sort of stuff that we always wish we could do, but rarely do.

She thinks that the primary way that one grows spiritually is in the practice of one's religion.

Much as I hated to, I had to abandon my perfectly good High Huff and start thinking.

We talked some more, and I realized that she's right as rain. My therapy was/is NOT a spiritual process. I do not do my religion there. It DID remove the roadblocks to my finding my spiritual path and being restored to the Goddess. It did nothing more than that. My spiritual growth takes place outside Laura's office.

Upon further discussion, I had to admit that I have NOT grown much spiritually over the last decade. I have grown SOME, for sure, but not nearly as much as I had been believing. Remember what I said not long ago about checking your assumptions regularly, even the most basic ones? Ooops. I got caught here. My belief that I had grown and developed a LOT spiritually in recent years was one of my most fundamental

assumptions. And it's not true. This hurts a lot.

ALL C  
I have grown some.....and most of that growth has come from reading books (Paula Gunn Allan's The Sacred Hoop, Starhawk's The Fifth Sacred Thing are two that come to mind most prominently) and by talking to friends and by attending a couple of conferences when I was healthier. Phoenix compares it to the way grass grows. In the winter, grass grows but almost imperceptibly. It lacks the proper warmth and sunlight. Given the warmth and sunlight of spring and summer, grass grows abundantly. I've been kinda like winter grass. So has she.

Of course, I could (and did) say that the therapeutic process enabled me to heal my brokenness and embrace my Self and all that sort of stuff, and since I do consider myself to be a subdivision of the Goddess, then that has to be spriritual work. Phoenix pointed out that that's true, but if we start defining spirituality that loosely, then EVERYTHING is spiritual (quite true) and the word loses it's utility. So I decided that I will define spiritual as that which enhances one's connection with one's diety. And that, for us pagans, happens primarily through the active practice of our religion.

I do practice my religion in very small ways. When I can remember, before I go to sleep at night I thank the Goddess for the day, and spend some time thinking of all the good that happened to me that day. That is religious practice. Also, I am pretty constantly mindful (as much as my mind and focus permits) of what I consider to be spiritual matters. That is religious practice. But these are small things, producing small results.

I need to do a lot more reflecting on this. It shook me to my core, but it also resonated as true.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: quimpers@olympus.net 2 - Name - Whistleblower Regarding ...

Subject: Re: Nonurgent; copy of something I wrote to 1 - Mental heal... about therapy and spirituality; t

Cc:

Bcc:

X-Attachments:

L >So this means that you are clearly ready to open up to and develop your  
>spirituality more, which is itself a truly wonderful thing.

C No it doesn't mean that.....I can't practice my religion. What this means really is  
that I'm just AWARE of the fact that I'm not able to do much in the way of spiritual  
development until I get healthier. This is not a fun awareness.

L >I'm in aunt mode- we are being observed by my littlest niece.

C (waving) Hi, kid!

2 - Name - W...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Nonurgent; copy of something I wrote to Louisa about therapy and spiritualit

Cc:

Bcc:

X-Attachments:

L >Is there no way that you can practice your religion? Like, maybe this is a  
>cue to figure out how to.

C Given the lack of both brain and body, it seems an insurmountable thing. I've tried  
so many things, so many times.....

L >When the Jews lost the Temple, we lost the ability to do all the temple  
>rituals that were at the heart of our practice. So we had to recreate our  
>practices in order to stay Jews, and in the process created a more humane  
>and community-oriented and egalitarian set of practices. So consider that as  
>a possibility- that exile offer the chance for transformation, and  
>something new.

C Hmmm. Well, you're right, of course. This'll take some thinking about. Thanks.

2 - Name - Whistl...

**To:** "Laura S. Brown" <lsbrown@compuserve.com>

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

**Subject:** Re: Nonurgent; copy of something I wrote to 1 - Mental heal... about therapy and spiritualit

**Cc:**

**Bcc:**

**X-Attachments:**

L >So maybe this is an opening to something new after all. I believe that you  
>will find the place where your current embodied self and your spiritual  
>practices can meet in harmony.

C OK. I'm confused. I spent the weekend in bed with a migraine and good drugs. I've  
lost track of where we were with this....mostly because I was drugged when I wrote my  
parts.

C Wednesday sounds like a good idea...(grin)

2 - Name - W...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Humor....a short history of medicine

Cc:

Bcc:

X-Attachments:

**A Short History of Medicine:**

I have an ear ache.

2000 B.C. - Here, eat this root.

1000 A.D. - That root is heathen, say this prayer.

1850 A.D. - That prayer is superstition, drink this potion.

1940 A.D. - That potion is snake oil, swallow this pill.

1985 A.D. - That pill is ineffective, take this antibiotic.

2000 A.D. - That antibiotic is artificial. Here, eat this root.

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Nonurgent....about today's session

Cc:

Bcc:

X-Attachments:

So far no migraine. I may get lucky this time.

ALL  
C  
About the positive feedback loop. I thought about this from a bunch of directions and now I can't get it to come out any way but a fancy of version of "it's all in your head." Or "some of it's in your head." Since all of us folks with yucky chronic illnesses harbor a secret conviction that it IS our fault somehow, and that if we just knew how to behave differently we wouldn't be so sick, this seems particularly cruel. Seems just another Blame the Victim type thing.

Of course, it's entirely possible that I missed some key point here. I was really struggling to stay with you today when it came to understanding. But that's what I took home with me.

??????

I asked Phoenix what she thought about the bit about having to practice my religion in order to grow spiritually, and she said that it's like a sport. You can read about swimming and you can think about swimming, but until you go swimming regularly, you're never gonna develop as a swimmer.

This SOUNDS good, but I'm not sure the metaphor carries over to religion. I think I have to agree with you.....accomodations must have been made somewhere for us crips. A religious wheelchair ramp or something. I have no idea what that would look like though.

Just some thoughts I figured I'd better send you before they drifted away.....

2 - Name -...

To: "Laura S. Brown" <lsbrown@compuserve.com>  
 From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...  
 Subject: Re: Nonurgent....about today's session  
 Cc:  
 Bcc:  
 X-Attachments:

L >No, not in your head. What is in your head is the loop between beliefs  
 >about yourself and the reality of the disease. So your seeing doors shut  
 >all around you is the beliefs and the feedback loop.

C I still can't get this. I can't see why seeing doors shut isn't the reality of the  
 disease. Doors ARE shut. No matter how hard I try, I can't go for a walk and I can't  
 read hard books with big words. And I keep trying. I keep trying to open the doors,  
 just in case something changed when I wasn't looking.

C We don't need to keep talking about this in email. It can hold 'til our next  
 session....

L >The disease is distressingly all too real (sigh).

L I know you know that, dear one. I never doubted that.

C >Speaking of which- KOMO's Town Meeting is running a show with an author (a  
 >feminist, sadly) who has written a book saying that CFIDS, along with PTSD  
 >DID, fibromyalgia, etc, are all modern hysterias. The producer is looking  
 >for people with the real thing to attend the taping and confront her. Do  
 >you want more info on this to post to the CFIDS list so that people who can  
 >physically make it to Seattle on a Thursday evening could do it?

L Oh good nightshirt. What IS it with these people? Yes, I would like more info.  
 There are a lot of Puget Sounders on the CFIDS list. Probably all too sick to show  
 up, but.....

C >And to use the swimming metaphor; one can swim like an olympian, or like me  
 >(grin). Both are legitimate swimming. So there does have to be an access  
 >ramp to the Goddess.

L There you go.

Thanks.

2 - Name - Whi...



To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Humor...God and the computer

Cc: Miriam

Bcc:

X-Attachments:

## GOD AND THE COMPUTER

In the beginning there was the computer. And God said

c:\>Let there be light!

Enter user id.

c:\>God

Enter password.

c:\>Omniscient

Password incorrect. Try again.

c:\>Omnipotent

Password incorrect. Try again.

c:\>Technocrat

And God logged on at 12:01:00 AM, Sunday, March 1.

c:\>Let there be light!

Unrecognizable command. Try again.

c:\>Create light

Done

c:\>Run heaven and earth

And God created Day and Night. And God saw there were 0 errors.

And God logged off at 12:02:00 AM, Sunday, March 1.

And God logged on at 12:01:00 AM, Monday, March 2.

c:\>Let there be firmament in the midst of water and light

Unrecognizable command. Try again.

c:\>Create firmament

Done.

c:\>Run firmament

And God divided the waters. And God saw there were 0 errors.

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Humor...God and the computer

Cc: Miriam

Bcc:

X-Attachments:

## GOD AND THE COMPUTER

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And God logged on at 12:01:00 AM, Monday, March 2.

c:\>Let there be firmament in the midst of water and light

Unrecognizable command. Try again.

c:\>Create firmament

Done.

c:\>Run firmament

And God divided the waters. And God saw there were 0 errors.

And God logged off at 12:02:00 AM, Monday, March 2.

And God logged on at 12:01:00 AM, Tuesday, March 3.

c:\>Let the waters under heaven be gathered together unto one place  
and let the dry land appear and

Too many characters in specification string. Try again.

c:\>Create dry\_land

Done.

c:\>Run firmament

And God divided the waters. And God saw there were 0 errors.

And God logged off at 12:02:00 AM, Tuesday, March 3.

And God logged on at 12:01:00 AM, Wednesday, March 4.

c:\>Create lights in the firmament to divide the day from the night

Unspecified type. Try again.

c:\>Create sun\_moon\_stars

Done

c:\>Run sun\_moon\_stars

And God separated the light from the darkness. The sun ruled over  
the day and the moon and stars ruled over the night. And God saw  
there were 0 errors.

And God logged off at 12:02:00 AM, Wednesday, March 4.

And God logged on at 12:01:00 AM, Thursday, March 5.

c:\>Create fish

Done

c:\>Create fowl

Done

c:\>Run fish, fowl

And God created the great sea monsters and every living creature that  
creepeth wherewith the waters swarmed after its kind and every  
winged fowl after its kind. And God saw there were 0 errors.

And God logged off at 12:02:00 AM, Thursday, March 5.

And God logged on at 12:01:00 AM, Friday, March 6.

c:\>Create cattle

Done

c:\>Create creepy\_things

Done

c:\>Now let us make man in our image

Unspecified type. Try again.

c:\>Create man

Done

c:\>Be fruitful and multiply and replenish the earth and subdue it  
and have dominion over the fish of the sea and over the fowl of the  
air and over every living thing that creepeth upon the earth

Too many command operands. Try again.

c:\>Run multiplication

Execution terminated. 6 errors..

c:\>Insert breath

Done

c:\>Run multiplication

Execution terminated. 5 errors.

c:\>Move man to Garden of Eden

File Garden of Eden does not exist.

c:\>Create Garden.edn

Done

c:\>Move man to Garden.edn

Done

c:\>Run multiplication

Execution terminated. 4 errors.

c:\>Copy woman from man

Done

c:\>Run multiplication

Execution terminated. 2 errors.

c:\>Create desire

Done

c:\>Run multiplication

And God saw man and woman being fruitful and multiplying in  
Garden.edn

Warning: No time limit on this run. 1 errors.

c:\>Create freewill

Done

c:\>Run freewill

And God saw man and woman being fruitful and multiplying in  
Garden.edn

Warning: No time limit on this run. 1 errors.

c:\>Undo desire

Desire cannot be undone once freewill is created.

c:\>Destroy freewill

Freewill is an inaccessible file and cannot be destroyed.

Enter replacement, cancel, or ask for help.

c:\>Help

Desire cannot be undone once freewill is created.

Freewill is an inaccessible file and cannot be destroyed.

Enter replacement, cancel, or ask for help.

c:\>Create tree\_of\_knowledge

And God saw man and woman being fruitful and multiplying in  
Garden.edn

Warning: No time limit on this run. 1 errors.

c:\>Create good, evil

Done

c:\>Activate evil

And God saw he had created shame.

Warning system error in sector E95. Man and woman not in Garden.edn.  
1 errors.

c:\>Scan Garden.edn for man, woman

Search failed.

c:\>Delete shame

Shame cannot be deleted once evil has been activated.

c:\>Destroy freewill

Freewill is an inaccessible file and cannot be destroyed.

Enter replacement, cancel, or ask for help.

c:\>Stop

Unrecognizable command. Try again

c:\>Break

c:\>Break

c:\>Break

ATTENTION ALL USERS \*\*\* ATTENTION ALL USERS: COMPUTER GOING DOWN FOR REGULAR DAY OF MAINTENANCE AND REST IN FIVE MINUTES. PLEASE LOG OFF.

c:\>Create new world

You have exceeded your allocated file space. You must destroy old files before new ones can be created.

c:\>Destroy earth

Destroy earth: Please confirm.

c:\>Destroy earth confirmed

COMPUTER DOWN \*\*\* COMPUTER DOWN. SERVICES WILL RESUME SUNDAY, MARCH 8 AT 6:00 AM. YOU MUST SIGN OFF NOW.

And God logged off at 11:59:59 PM, Friday, March 6.

On March 8, God created the MacIntosh.

To: Laura  
From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...  
Subject: Therapy via email....article off the Net  
Cc: Miriam, 1 - Mental health...  
Bcc:  
X-Attachments:

TERRY SCHWADRON: Not all therapy may be net-worthy

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(Apr 1, 1997 09:25 a.m. EST) -- The client is living and working in a native village in the Arctic Circle. And is depressed. The psychologist is in Maryland. They're meeting for counseling sessions -- on the Internet.

Over time, they've worked out how to meet regularly by e-mail, arranged how to pay for therapeutic sessions, found an electronic manner to explore treatment for someone in a place that's about as remote as they get.

It's one of those things that makes me a little nervous about the new medium. Therapy by keyboard?

A quick tickle of the electronic search engine keys shows that it's simple to find dozens of sites that might provide anything from advice to medical treatment. In light of all those oft-repeated concerns, mythical and real, about electronic privacy and fraudulent posing, how's a person to know whether it's safe to turn to an anonymous counselor who's decided to hang out an electronic shingle?

While the government worries about blocking sex and gambling on the Web, there's a far more important trend going on in the multiplication of sites offering medical and mental health advice and treatment -- totally unregulated, totally untrackable and available at the touch of a few electronic keys. The issues are just beginning to draw the attention of professional counseling organizations.

It's no surprise that people would begin looking to the Web for personal counseling and advice in untangling emotional knots.

In much of the country -- or the world -- it might be difficult to get to a choice of therapeutic counselors, explained one psychologist with a Web site. So there is a lure of getting through immediately to someone who might listen. Or patients might be restricted by disability or by language.

And in Los Angeles, we have a bit of a tradition in people willing to call in to radio psychologists for words of guidance. Another psychologist explained that under the increasingly widespread influence of managed-care health programs, people are being asked to call 800 numbers to outline their emotional issues for referral to a counselor.

"Fully half of the people I hear from in person or over the Web are depressed," said David I. Sommers, a psychotherapist "There actually is a lot you can do in the first conversations about depression to get people acclimated and educated about it, and for that the Web is fine." He calls his contacts "therapeutic consultations" rather than therapy.

"In 100 percent of the cases," he said, "I'd prefer to be meeting than dealing by e-mail." To compensate, he said, he tries to engage clients in extended e-mail conversations over time. At the moment, he has 15 Internet clients and has talked with perhaps 200 people.

"If I get someone who seems delusional, there is a referral right away," Sommers said. "Some things are not appropriate for the Net."

Indeed.

I, for one, still think that counseling is the sort of thing we want to reserve for face-to-face meetings. If we're so pressed for time that we need to call in from car phones or dial up a therapist, maybe, just maybe, we're not ready to deal very seriously with our emotional problems.

But if you're nonetheless determined, for whatever reason, to go this route, there are a few ways to increase your chances of finding an advice giver who is legit and helpful.

Martha Ainsworth, an editor for Self Help and Psychology magazine, is now producing a site called Metanoia (<http://www.metanoia.org>) as an introduction to the world of online counseling. She outlines several of the pending legal, ethical and professional issues in a concise and clear manner and provides guides to sites that offer counseling and tips on some that should be avoided.

Another source is the Mental Health Net, which, in addition to housing general information, has a directory listing for clinicians.

Most counseling sites so far appear to focus on career development issues.

It's a good idea to look for a therapist who includes background information about education, just as in face-to-face contact. Clearly one should know upfront whether there are charges, what arrangements are in place for privacy and security and what kind of counsel is offered.

An example of the Best Avoided: a site at which the psychotherapist and location are anonymous, the intended interaction is likely one-time, and the contact will cost \$9.95 per inquiry.

According to James P. Sampson, a Florida State University psychotherapist, there is growing concern about "the potential for harm resulting from poor-quality counseling over the Internet."

He said such groups as the National Board for Certified Counselors are working to draft standards for professionals and the public. There are other efforts by groups focused on career development or vocational therapy in the United States and abroad.

"The poorly informed consumer in crisis who has a history of mental health difficulties will be an easy target for incompetent or fraudulent Internet counseling providers," explained Sampson, who has published articles on the subject for the American Counseling Assn.

Still, Sampson, who has a career counseling resource site, says "Counseling over the Internet will become less strange over time" because of convenience or remoteness of service, and based on the experience with telephone counseling.



"This is a new frontier in terms of mental health," says Ainsworth in Metanoia.

"As with any new frontier, risk and promise go hand in hand. There are many questions to be considered. The psychotherapists involved are asking them, and you should ask them too."

Actually, just hearing that makes me feel better.

**To:** Laura

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

**Subject:** Humor.....a groaner

**Cc:**

**Bcc:**

**X-Attachments:**

These friars were behind on their belfry payments, so they opened up a small florist shop to raise the funds.

Since everyone liked to buy flowers from the men of God, the rival florist across town thought the competition was unfair. He asked the good fathers to close down, but they would not. He went back and begged the friars to close.

They ignored him. He asked his mother to go and ask the friars to get out of business. They ignored her too. So, the rival florist hired

Hugh Mac Taggart, the roughest and most vicious thug in town to "persuade" them to close. Hugh beat up the friars and trashed their store, saying he'd be back if they didn't close shop.

Terrified, they did so - thereby proving that Hugh and only Hugh, can prevent florist friars.....

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Humor.....a groaner

Cc:

Bcc:

X-Attachments:

L >Oh groan indeed. Is this the bad influence of a visiting parent (grin)?

>Hope it's going well.

C Wouldn't be fair to blame it all on DOD (dear old Dad), would it? Aw, what the hell. Why not?

C Things are going well. He's freezing his ass off and refuses to acquire or accept the loan of any warm clothes. I think this place is just too cold for him. Right now he and Phoenix are off having a Silverdale/Costco adventure together. Too cute.

C And the beat goes on....

2 - Name - W...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Um....about 1 - Mental health...

Cc:

Bcc:

X-Attachments:

A/C  
I assume that you know by now that 1 - Mental health... got in some real big trouble yesterday and kinda underwent meltdown.

This is kind of a hard letter to write, given all the various boundaries. I wanted you to be informed that Phoenix and I are lobbying hard for her to come spend a week with us sometime this month, to get away from that hellhole and regroup and get some healing started. This seems to be very urgent.

I know that you can't respond to this and I don't expect you to. Just thought that if you happen to think that this is a good idea, that you might want to encourage her to do this.

See you Wednesday.....

2 - Name - ...

**To: "Laura S. Brown" <lsbrown@compuserve.com>**

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

**Subject: Re: Um....about Louisa**

**Cc:**

**Bcc:**

**X-Attachments:**

L >Sorry if this is creating difficulties for you- last thing I would have  
>wanted. And I'm on board with this now.

C It's not creating any difficulties at all and there's nothing for you to worry about  
as far as I'm concerned. Honest. We'll talk.

C Thanks.....

2 - Name - Whistl...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC... )

Subject: Humor.....blind pilots

Cc:

Bcc:

X-Attachments:

One day at a busy airport, the passengers on a commercial airliner are seated, waiting for the cockpit crew to show up so they can get under way.

The pilot and co-pilot finally appear in the rear of the plane, and begin walking up to the cockpit through the center aisle. Both appear to be blind. The pilot is using a white cane, bumping into passengers right and left as he stumbles down the aisle, and the co-pilot is using a guide dog. Both have their eyes covered with huge sunglasses. At first the passengers do not react; thinking that it must be some sort of practical joke. However, after a few minutes the engines start spooling up and the airplane starts moving down the runway.

The passengers look at each other with some uneasiness, whispering among themselves and looking desperately to the stewardesses for reassurance. Then the airplane starts accelerating rapidly and people begin panicking. Some passengers are praying, and as the plane gets closer and closer to the end of the runway, the voices are becoming more and more hysterical. Finally, when the airplane has less than 20 feet of runway left, there is a sudden change in the pitch of the shouts as everyone screams at once, and at the very last moment the airplane lifts off and is airborne.

Up in the cockpit, the co-pilot breathes a sigh of relief and turns to the Captain: "You know, one of these days the passengers aren't going to scream, and we're gonna get killed!"

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: About 1 - Mental healt...

Cc:

Bcc:

X-Attachments:

I know about her suicidality and the gun.

Trying to get her medevac-ed here within the next few days.

I'm really, really OK with this, and I don't want you worrying about how this is affecting me. I'm doing fine. In fact, I'm learning a lot of really interesting stuff that I'm eager to talk to you about.

Don't want you fretting about me....

2 - Name - W...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R... )

Subject: Re: About Louisa

Cc:

Bcc:

X-Attachments:

L >OK, I'm not fretting, I am simply concerned that you are in the path of  
>some stuff that I could have not predicted, and that I got you there.

C I know you're concerned about this. I'm not. I'm grateful to have 1 - Mental health... in my life  
and I trust good things will come of it. We'll just play the hand we're dealt here,  
OK? I've got plenty of room for this...it's not a danger to me in any way. And it  
may be a way for me to learn about myself as a healer, in which case.....too big for  
words.

C So please don't be concerned about me any more than you have to. I know a certain  
amount of concern is inevitable (grin).

L >the other hand, if this is opening a door for you to know about you as a  
>healer, then I guess that the universe/goddess is trying to make sure that  
>you get the experience in.

C It sure as hell is seeming this way. Amazing to me that I can be intensely engaged  
with her for an hour on the phone and come away mentally charged up and no more  
fatigued physically than I normally am after sitting up for that long. This is  
important info.

L >And there are clearly some things she can accept from you that for whatever reasons  
she cannot from me, her colleague.

C I'm not a therapist. You are, even though you're not assuming that role with her.

C I need to learn about dissociative states pretty quick. Any ideas?

2 - Name - W...



To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: About 1 - Mental healt...

Cc:

Bcc:

X-Attachments:

L >Hum, quick info re: dissociation. The Sidran Foundation has a web-page, I  
>think, so if you looked on the web for them, they would have some good  
>info. Otherwise, I can loan some reading materials.

C Thanks. Maybe if you'd be so kind as to have reading materials handy on  
Wednesday....I might or might not need them.

L >And yes, you get the picture. Because I am \_a\_ therapist although clearly  
>not \_her\_ therapist I am part of a group of people that is too toxic at  
>these moments. And you are not. So I can support her through supporting  
>you.

C I'm glad. Would get very complicated if you felt otherwise. (grin)

2 - Name - W...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Humor...Xena, warrior princess

Cc:

Bcc:

X-Attachments:

[origin credited at the end]

-----  
[We join our operetta already in progress. The infamous Pirates of Pergamum have just seized a bevy of beautiful Mytilenean maidens, and are attempting to carry them off for matrimonial purposes. Gabrielle intervenes, with a recitative (well, it's better than a pan flute solo):]

Gabrielle: Hold, scoundrels! Ere ye practice acts of villainy  
Upon the peaceful and agrarian,  
Just bear in mind, these maidens of My-TIL-ene[1]  
Are guarded by a buff barbarian!

Pirates: We'd better all rethink our cunning plan;  
They're guarded by a buff barbarian.

Maidens: Yes, yes, she is a buff barbarian.

[Xena leaps in from the wings, with a tremendous war cry, does a mid-air somersault, and lands on her feet on the Pirate King's chest.]

Xena: Yes, yes, I am a buff barbarian! [The orchestra starts up.]

I am the very model of a heroine barbarian;  
Through Herculean efforts, I've become humanitarian.  
I ride throughout the hinterland -- at least that's what they  
call it in  
Those sissy towns like Athens (I, myself, am Amphipolitan).  
I travel with a poet who is perky and parthenian[2]  
And scribbles her hexameters in Linear Mycenian[3]  
(And many have attempted, by a host of methods mystical,  
To tell if our relationship's sororal or sapphistical).

Chorus: To tell if their relationship's sororal or sapphistical!  
To tell if their relationship's sororal or sapphistical!  
To tell if their relationship's sororal or sapphisti-phistical!

Xena: My armory is brazen, but my weapons are ironical;  
My sword is rather phallic, but my chakram's rather yonical[4]  
(To find out what that means, you'll have to study Indo-Aryan[5]).  
I am the very model of a heroine barbarian!

Chorus: To find out what that means, we'll have to study Indo-Aryan

--

She is the very model of a heroine barbarian!

Xena: I wake up every morning, ere the dawn is rhododactylous[6]  
(Who needs to wait for daylight? I just work by \_sensus  
tactilis\_[7].)  
And ride into the sunrise to protect some local villagers

From mythologic monsters or from all-too-human pillagers.  
 I hurtle towards each villain with a recklessness ebullient  
 And cow him with my swordwork and my alalaes ululient[8];  
 He's frightened for his head, because he knows I'm gonna  
     whack it -- he's  
 Aware that his opponent is the \_Basileia Makhetes\_!

[The music crashes to a halt, as the Chorus stares at Xena in utter  
 confusion. She sighs.] It's \*Greek\*. It means "Warrior Princess"!  
 [Light dawns on the Chorus, and the music resumes.] Sheesh . . .

Chorus: He knows that his opponent is the \_Basileia Makhetes\_!  
         He knows that his opponent is the \_Basileia Makhetes\_!  
         He knows that his opponent is the \_Basileia Makhe-makhetes\_,

Xena: Because I've got my armor, which is really rather silly, on  
       (It's cut so low I feel like I'm the topless tow'rs of Ilion,  
       And isn't any use against attackers sagittarian[9]).  
       I am the very model of a heroine barbarian!

Chorus: It isn't any use against attackers sagittarian --  
         She is the very model of a heroine barbarian!

Xena: In short, when I can tell you how I break the laws of gravity,  
       And why my togs expose my intermammary concavity,  
       And why my comrade changed her dress from one that fit more comfily  
       To one that shows her omphalos[10] (as cute as that of Omphale[11]),  
       And why the tale of Spartacus appears in Homer's versicon[12],  
       [She holds up a tomato:]  
       And where we found examples of the genus \_Lycopersicon\_[13],  
       And why this Grecian scenery looks more like the Antipodes,  
       You'll say I'm twice the heroine of any in Euripides!

Chorus: We'll say she's twice the heroine of any in Euripides!  
         We'll say she's twice the heroine of any in Euripides!  
         We'll say she's twice the heroine of any in Euripi-ripides!

Xena: But though the kinked chronology, confusing and chimerical  
       (It's often unhistorical, but rarely unhysterical),  
       Would give a massive heart attack to any antiquarian,  
       I am the very model of a heroine barbarian!

Chorus: 'Twould give a massive heart attack to any antiquarian --  
         She is the very model of a heroine barbarian!

[As the orchestra plays the final chords, a wild Xenaesque melee ensues,  
 and the curtain has to be brought down.]

#### Notes:

[1] Actually, "Mytilene" would properly be accented on the third syllable;  
 Gabrielle always did have trouble with rhymes. (Mytilene,  
 incidentally, is a city on the isle of Lesbos -- the hometown of the  
 poet Sappho, as a matter of fact. It is not clear what, if anything,  
 Gilbert is trying to imply here.)

[2] parthenian: virginal.

- [3] Linear Mycenaean: Mycenaean is the ancient dialect of Greek which was written in Linear B (a form of Greek writing that predates the adoption of the alphabet). The implication is that Gabrielle does her writing in Linear B; if Xena takes place around the time of the Trojan war, this is chronologically reasonable.
- [4] yonical: "Yonic" is the female counterpart to "phallic".
- [5] Indo-Aryan: The language group consisting of Sanskrit and its close relatives. Both "chakram" and "yonic" are of Sanskrit derivation.
- [6] rhododactylous: rosy-fingered. (Homer makes frequent reference to \_rhododaktulos eos\_ -- "rosy-fingered dawn".)
- [7] \_sensus tactilis\_: Latin for "the sense of touch".
- [8] "Alalales" are war-cries (the Greeks spelled a Xena-like war cry as \_alala\_ or \_alale\_) and "ululient" is a coined term, apparently meaning "characterized by ululation".
- [9] sagittarian: archer-like.
- [10] omphalos: belly-button.
- [11] Omphale: Legendary queen of Lydia. From context, we must assume that she had a cute belly-button; however, no known classical source seems to address this vital issue.
- [12] versicon: a coined term, apparently meaning "collection of verse".
- [13] \_Lycopersicon\_: the biological genus to which tomatoes are assigned. (The tomato is a New World plant, and was entirely unknown in the Old World in pre-Columbian times. Thus, having tomatoes in a Xena-ish context is an even greater anachronism than having Homer tell the tale of Spartacus.)

=====

List Archives, FAQ, FTP: <http://sca.wayfarer.org/merryrose/>  
 Submissions: [atlantia@atlantia.sca.org](mailto:atlantia@atlantia.sca.org)  
 Admin. requests: [majordomo@atlantia.sca.org](mailto:majordomo@atlantia.sca.org)

\*\*\*\*\*

\* "Lissajous patterns and windmills and don't ask about the connection." \*

\*       Acid Rainbow: Semi-professional windmill-tilter.       \*

\*\*\*\*\*

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: About Friday.....

Cc:

Bcc:

X-Attachments:

ALL  
C  
Let's not put Miriam on the spot. Let's just plan on me and Phoenix finding another place to be IF 1 - Mental health... wants to spend time with you on Friday and IF she doesn't want me with her.

I think I'm having some kind of psychic backlash today or something.

Something really strange happened to me yesterday....started in the afternoon and got more pronounced as the evening wore on. I was real strongly connected to you and to Phoenix and to 1 - Mental health... but real disconnected from the world. It was bizarre. It didn't feel good. I don't recall ever experiencing that before.

Got to be evening and Phoenix told me there was a baseball game on TV and I thought....."Oh good. Just what I need." Baseball, believe it or not, has become sort of a semi-meditative experience for me. I get into the quiet rhythm of it. I think I had to get to a point in my life where I was real still myself before I could enjoy it.....always loathed baseball before last year. Anyway, I figured watching a baseball game would settle me down out of that odd state. It didn't. And today I'm still feeling somewhat dislocated and severely toasted.

Hmmmmmm. Maybe it wasn't so easy seeing myself in the mirror like that.

You don't need to respond emailishly to this....we can talk about it on the phone tomorrow.

Thanks for everything, as usual.

2 - Name - Wh...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Log for April 16-22, 1997

Cc:

Bcc:

X-Attachments:

4-16-97 Rough night. No HA. Wrecked from Seattle trip. Bad mood going to good mood.

4-17-97 Good night. Bad HA. Below average energy. Fair mood.

4-18-97 Drugged sleep. HA. Below average energy. Good mood.

4-19-97 Good night. No HA. Average energy. Good mood.

4-20-97 Rough night. No HA. Below average energy. Fair mood.

4-21-97 Good night. HA. Average energy. Fair mood.

4-22-97 Rough night. HA. Below average energy. Bad mood.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: About this morning.....

Cc:

Bcc:

X-Attachments:

Am hungover from Percocet last night and may have to take some more before the morning gets much older. Just wanted to warn you that our 11:00 encounter might happen through a drug haze. Which will be a first.....

2 - Name - W...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: A reminder

Cc:

Bcc:

X-Attachments:

Thanks. Got it. I'm gonna try real hard not to be so counterdependent. Promise.

Talked to 1 - Mental health... and she may have actually won the airport battle. As it stands now, you'll put her on the 4:40 ferry to Bainbridge and we'll pick her up on the other side. I'm not happy about this, but she's pretty adamant.

Humph.

Thanks for everything.

2 - Name - Whistleblo...



To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: About next Wednesday.....

Cc:

Bcc:

X-Attachments:

After conferring with 1 - Mental health... this morning, it appears that we will not be keeping our appointments with you next Wednesday. She doesn't feel up to it, and of course I don't either but I wasn't going to say so. Seattle on Wednesday and the airport on Thursday woulda done me in fer shure.

C A phone appointment would be nice, but this time I'm gonna insist that I pay for it.  
OK?

C Are we having fun yet?

2 - Name - ...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: About next Wednesday.....

Cc:

Bcc:

X-Attachments:

L >Tee hee. Ok, phone on Wednesday, do you want to call in? IF so, I'll hook  
>up to be able to answer.

C Yeah, I'll call in. Thanks.

2 - Name - Wh...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Thoughts from 1 - Mental health... about stuff I need to work on in therapy (gulp)

Cc:

Bcc:

X-Attachments:

Hi Sweetie. You asked if I'd talk to Laura about what we/I talked about, but I said that felt uncomfortable to me. I am your friend, Laura is your therapist. There are dimensions of each that stretch and overlap. But I still want to preserve the essence of each as separate.

But I don't mind you reading this, or showing it to Laura. What I also hope is that you won't take it as is, but will take the parts that have meaning for you and translate them in ways that fit for you on your journey and in your therapy.

I have my strong feelings and insights pretty much in context; they are evoked in relation in the moment. So this will lose a lot in translation and I'm not sure how much I can remember.

You started out saying you wanted to talk, and you began with your agenda about it "wasn't all your fault." You seemed angry and also maybe scared and depressed. I stopped you and said no deal, I'm not having a conversation about who's fault it is. I said I'd be willing to talk about my experience and what I see happening between us. We did some of that and then when we continued later, I think it shifted more to me connecting with how I understand these things in terms of your own personal history and wounding; because then, you were in more of a feeling place; more connected to your wounding and vulnerability than I was with mine (e.g., we can assume mine fits in here too but I was not "in" it).

So that's the overview.

I told you some things about me, and my need to move in and out of contact, and to feel free to be my own person. I told you I felt watched like a hawk, and every move I made commented on, if not told what to be. I told you I felt trapped, like any move I made you evaluated and watched, and most of the time you wanted each move I make to be what you want it to be. Down to even little things.

I explained that sometimes I get nurturance in contact, and sometimes I find the need to find solace alone, and that when I moved toward boundaries it seemed to upset you a lot, and that was hard for me. And that some of your humor also seemed kind of bullying and with an angry edge, like it was also a way of expressing your irritability at me attempting to do my own thing; be me. That I was angry that you seemed to not take in my feelings at the time, that you would continue to tease me in these ways when I was clearly feeling overloaded, upset, and vulnerable. And that I've had to leave the room just to protect myself, because I didn't experience you tuning in enough to hear me and respect where I was at.

I mentioned physical contact and said I need us BOTH to be in control of it. That when you (seems to me) always want me snuggling with you when I am around, I am in the position of having to either acquiesce, or be the one that sets the boundary, and having to constantly set those boundaries is exhausting to me, especially when you are obviously disturbed when I do, and go into your wounded kid place. That you do not leave me enough space to also come and go, or initiate contact, or move voluntarily closer.

You had told me the night before some about the last 11 years and your loneliness. I had "held" you (in my comprehension and some physically) and really heard you. I did

understand, and it also made me scared. It made me suspect that one reason you have me so much bigger than life is that you need me to somehow make up for all this loneliness and the needs that have accumulated with this, and the needs that of course you have right now; even ones from your primary relationship that are there because of Phoenix's physical pain and discomfort.

I know you didn't mean that I "have" to do this. But the intensity of your pulls on me feels like this may be a big part of it.

Then I sort of fondly confronted you and said that you HAD to start asking for things straight. That I am not willing to participate in the indirect ways you try to control things, like with loaded questions that really are covert wants, non-verbal reactions to my doing something, or other things that are clearly not what they are in the "words." You said, but you were afraid that it would pressure me. I explained that it pressures me much more this way because I have to "become you" to figure out what you are really saying, then respond straight; or else be a jerk and respond at the level you are doing (e.g. play the game with you). Like "what about the movie" instead of "could you make it a short walk, I'd like to start the movie by 7:30." There is a real big component of sweet, but hurt kid, in a lot of your interactions with me. Kind of a pleading kid. It is real hard for me to say no, and that's also my issue. But that's part of where I get hooked. Seems like so very much rides on every response to you. That's part of what restricts my freedom to be me. And I said that sometimes I am so tired, and emotionally drained, that I just go along because you are so powerful in your messages of me not doing what you want, and that is more stressful to me than trying to set the boundary.

SSo anyway, I told you to say what you want like this: I WOULD LIKE..... And you showed signs of higher intelligence on this yesterday; and it went better. (I can only say this because you know I don't think your intelligence can get much higher anyway).

OK. Then, once I had your attention (I'm kidding...)... we talked about the deeper part; and that was my sense of where some of this hooks in for you. And I felt very nurturing during this, and very clear about my intuitions about you. I said that it was not even in your best interest for me to "go along" with these things--your ways of trying to control me. Because, there is a historic part in this for you. A stuck part. And that's the part that still thinks the solution is to try harder to exert control over someone you love, and if you just try hard enough, you'll protect them from danger, and thereby protect yourself from loss, and the BIG ONE--the feeling that your loving someone was not enough, or even not a good thing.

I told you that you are a LUCKY GIRL (smile) that I am not willing to let you do these things with me because it is your way out. That it opens a place for you to move to a new level of trust, though it may involve some grieving or one more time (ugh) of dealing with loss of your patients.

I said that I am not willing to be controlled, and that a truck could STILL hit me, and you and I have to buck that chance, because that's fate. I reminded you that when I was suicidal I told you what I'd do, I did it to the T, and I told you that I would tell you if I got in that place again. I have been completely honest about that, though I cannot tell you I commit to aliveness in a fundamental way at this time. (Or that would be a lie)

I told you that I don't see you as chronically depressed on a day to day basis--you have enjoyment, tons of meaning, a wonderful relationship, lots of silliness...

but that I do see you as depressed at a lower volume. And that when we hit these issues you seem depressed and understandably in trauma mode. Then a big one. I said

that part, PART, of your cognitive confusion is PTSD and not CFIDS. That I've seen the pattern long enough to know. That when we start getting close to this loss/control/danger place, you start not thinking clearly and sort of abdicate; you usually tell me at this point to take responsibility--e.g. to "remember," or write down what I'm saying, and you sort of go to sleep on me, mentally. And I think you go right to the trauma place; the fear/loss place, at that time. And I want you to work on making that connection more conscious and dealing with it so you can stay present and it will lose some of its power to make you "go away" and become so vulnerable.

I said I want you to work on that--not for me, but for your healing. To learn to stay present and engaged around these things, and I know that will involve a lot of tears but that you can do that with Laura.

You felt some shame along the way. I said it belonged elsewhere, and that I do not feel ashamed of you; I felt that you had a blow big enough to wipe you out, close to completely, and it's been 6 or 11 years (depending on how you cut it) and you have just been plain too sick to do this part.

I said that I think the depression is part of the CFIDS, in the way I described above, and in the sense that it drains energy too. I also believe, trust me sweetie, that the CFIDS causes some endogenous depression due to biochemical things, and if nothing else, energy drain.

I believe you can get undepressed. I believe you can get more energy if you have less tied up in controlling (which I know will mean a lot of work on letting go and risking feeling safer). I believe you have lots of good stuff you NEED to be with, with people socially, even if Phoenix does not have that need. I said I wanted you to use our relationship as a bridge, in a sense, back to the world.

I also wanted you to know that I DO understand, even with all of this vote of confidence (which is what this is, you know) that a chronic illness this bad means you do have to do all sort of things related to control and predictability and order. But that that is one level, and the trauma is the other level, and I believe you can work on that level, and you will get weller, and then there won't be quite as much pulling your energy to be worried and obsessive then.

I think this is most of it. I am very clear you have to do this letting go work, with me, for the sake of our relationship, but also for your own healing. It always works that way. Trust me.

I love you.

**To: Laura**

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

**Subject: Yikes!**

**Cc:**

**Bcc:**

**X-Attachments:**

ALL  
C  
1 - Mental health... is in a very bad way. She won't let me talk to you about it. She won't reveal the content except that it involves you. She doesn't want me to be a part of it at all.

All I know is that she has decided not to move here because of it. I NEED for 1 - Mental health... to move here. I'm in a state of utter panic. You're about to leave for 3 weeks and remove any chance for resolution that would permit her to move here.

And I can't imagine that you can even respond to this note, given the situation.

I know that I do trust you completely. I'm trusting real hard. And I'm squawking real loud.

2 - Name - Whi...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Yikes!

Cc:

Bcc:

X-Attachments:

L >All I can say is, breath, please. I seem to have become the focus of  
>something here. I am doing as much as I can to resolve it before I go. I'm  
>sorry to have created this difficulty in your life. What can I do to be of  
>support to you around this?

C I think I'm OK, though I've had an exceedingly rough day. Thanks. Don't worry about  
creating difficulty in my life.....so far, you've created mainly joy and  
possibilities. For which I continue to be unspeakably grateful.

L >A little later- have talked to 1 - Mental healt... I think this is resolving, she's  
>thinking about which house in PT, so you can breath again.

C Oh good. I haven't been able to get her on the phone and I've been trying all  
afternoon. Phew.

C Thanks. When are you leaving, anyway? This weekend?

2 - Name - Whi...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Yikes!

Cc:

Bcc:

X-Attachments:

L >The limo departs at 5:30 am Thursday morning. So this time next week I'll  
>be in Amsterdam- eek.

C Bek is right. How very strange. I do hope you both can sleep on airplanes.

L >Hope you and 1 - Mental health... got a chance to talk after she and I talked. Sometimes  
>email is a problematic medium (groan), the voice inflections just aren't  
>there (grin).

C We had a very long talk last night and everything's fine. Thanks for whatever you  
did. Whatever it was, it seems to have worked. We're back to dealing with housing  
stress. Lordie, I'll be glad when they're finally here.

L >See ya Wednesday. Come prepared to take home books and computer games on CD  
>ROM

C OBOY! OBOY! I couldn't possibly. No, really. (teehee)

See ya tomorrow.

2 - Name - W...



To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: See ya Wednesday?

Cc:

Bcc:

X-Attachments:

C I'm home, more or less intact (for certain definitions of the term, "intact"). I figure I've GOT to make it to see you on Wednesday, because I won't be able to make it next week because I'll be crashed out from picking up 1 - Mental heal... at the airport on Tuesday and to go any longer without seeing you is just getting ridiculous.

C So whether I'm able or not, I'm coming atcha. If we have an appointment. We DO have an appointment, don't we?

2 - Name - Whist...

**To:** Laura

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

**Subject:** Here's a dream for you.....

**Cc:**

**Bcc:**

**X-Attachments:**

C Had a very odd dream last night. My Mom and I were standing on a very small beach, confronting a very tall (30-40 yards) sheer vertical rock face. And for some reason it was imperative that we climb that cliff face speedy quick. So we did. I was encouraging her all the way, and we both just scuttled right up. Flung our legs over the top where it was flat and drug ourselves on up. I remember thinking, "Not bad for an old woman with terminal heart disease." And at the top of the cliff was a dirt road. That's it. Odd, huh?

C I'm just uploading it to your memory because it'll shortly be erased from mine....No need to reply.

2 - Name - W...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Solstice!

Cc:

Bcc:

X-Attachments:

L >I just realized what day it is- a joyous Solstice to you!

C And right back atcha! We plan on doing the usual.....dancing nekkid under the full moon, that sort of thing.

2 - Name - Wh...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Nonurgent.....help!

Cc:

Bcc:

X-Attachments:

ALL  
C  
It really isn't urgent. It's just that 1 - Mental health... and I had a big blow-up on the phone last night (timing is everything) and it's continuing in email through the night and this morning, even though she'll be getting on the plane soon.

I'm clearly doing something that I'm not aware of consciously that's driving her up the wall. And the fall-out from these blow-outs is extremely painful and VERY traumatic for me. I need for them to stop. And I seem to be provoking them.

Would it be all right with you if she wrote down what she observes me doing and sends it to you for us to talk about in therapy? Sort of serve as an informant? I'm not sure that she will, but I wanted to check with you and see if that worked OK for you.....

2 - Name - Whistl...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R...)

Subject: OK, it's urgent now....

Cc:

Bcc:

X-Attachments:

As you may or may not know by now, <sup>1 - Mental health...</sup> has abandoned plans to fly here and is instead driving here with Paula.....and Olivia and a cat and 3 dogs, pulling a horse trailer. All this because of what has happened between us.

I talked to her briefly on the phone just now and she said that what happened pushed her "over the edge." I don't know precisely what that means, but I'm sure it wasn't pretty. And I am the proximate cause of it.

I know that you're going to say that this is playing around with my core wrong assumption and it is, bigtime. I fucked up and I hurt her really, really badly at the very worst possible time. I don't know how to live with this. It hurts me too bad. I literally feel like I cannot bear it. I want very badly not to be in this body anymore. I'm too fucking dangerous to the people I love.

I'm not actively suicidal, I don't think. Just wishing I was.

2 - Name - Whistl...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Going downhill fast.....

Cc:

Bcc:

X-Attachments:

ALL  
C  
I really hate to ask this of you while you're at a conference (or anytime, for that matter), but I think it might be a good idea if you called me tonight, if you're able to. Doesn't matter what time. Don't reckon I'm gonna be doing a lot of sleeping.

This has hit me very hard. I literally cannot bear knowing that I hurt <sup>1 - Mental health...</sup> so badly and that I managed to do it at one of the most difficult moments of her life (her last night on the farm). And I know that it might well mean the end of my relationship with her....I think what I did was literally not forgivable and we would both have to forgive me in order for our relationship to continue. And right now I can't see how I can forgive myself, and I don't see how she could forgive me.

I can't bear it. I've borne a lot of things and I know in theory that this is survivable, but this has somehow shaken me to my very core. I feel like I've lost my foundation, that nothing I believed about myself was true. I feel like I can't trust anything about myself.

That's not quite true....I have identified several things I still trust about myself.....I trust my loving and I trust that some part of me is a very good, gentle person with good intentions and I trust that resonance I feel when I come across something that I recognize as truth. That's it. Everything else is gone.

Somehow, in the course of this mess with <sup>1 - Mental health...</sup> I got a look at myself in a way I never have before.....at some deeply buried part of myself, some ancient wounding. And I don't know what to do with it. It seems that I have something monstrous within me, like another whole person of whom I am only marginally aware and about whom I know little. And this entity operates outside of my knowledge and control and hurts people. It feels horrible, like the monster in Aliens bursting out of my chest and attacking people or something.

I can't bear being with myself and this inner monster. I have tried staying busy and I've tried reading and I've tried sleeping and I can't do any of these things. I don't want to move; I don't want to go out of the house (I need the walls around me); I don't want to eat; I don't want to talk. I want to be missing. Truth be told....I want to be dead. But I'm not suicidal. I would just welcome being dead right now. But I'm not going out looking for it.

What I'm doing is I'm just being still and holding this horrible pain and waiting....waiting for something to change. Either something will happen to make me feel better so that I can start to get a grip on things, or I'll feel worse and be able to become suicidal. And that's where it stands now.

Note: I'm not laughing.

2 - Name - W...

**Date:** Tue, 24 Jun 1997 21:28:44 -0400

**From:** "Laura S. Brown" <lsbrown@compuserve.com>

**Subject:** Nonurgent.....help!

**To:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

**MIME-Version:** 1.0

L  
This would be very ok. I think that you and she are getting into one another's shit, and that it is ultimately going to be workable, but I know the stakes are way high and would help us all to have as much input as possible.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Update....

Cc:

Bcc:

X-Attachments:

L  
>This would be very ok. I think that you and she are getting into one  
>another's shit, and that it is ultimately going to be workable, but I know  
>the stakes are way high and would help us all to have as much input as  
>possible.

ALL  
C  
Thanks. And if I ever hear from her again, I'll relay that you'd welcome her input.  
No word from her yet, telephonically or emailly.

Your phone call yesterday, and your love and concern, made all the difference. I've  
turned things around and am on the mend, sort of, though still feeling very fragile  
and broken.

Questions: why are you so pissed at her if this was indeed an alter and therefore  
presumably out of her control?

How do I DEAL with her when she's dissociated into that shrill, angry alter? I know  
you said that I shouldn't believe anything she says when she's in that alter. But  
beyond that, how do I DEAL with her? I know how to deal with the oppositional  
kid.....I can't imagine how to deal with this one.

Why were you surprised to hear that she had shown this alter to me? What do you think  
it means that I've seen it so many times? I know that Paula sees it a lot too.  
Paula's the one that told me that when she's "like that" there's absolutely no point  
in trying to defend yourself....it only makes things worse. Wonder if Paula realizes  
that that's an alter?

Well, she just called, oststensibly to see if we'd heard from the movers. She was on  
the car phone somewhere between St. Louis and Kansas City, on a horrible road with a  
lot of traffic. Her affect was flat and she sounded very depressed and despairing.  
We talked briefly about carpet and movers. I asked her how she was doing. She said  
that she was doing very badly.....that this stuff with me was in the forefront and not  
having it resolved was horrible. I asked if she had read the email I sent to the farm  
Tuesday morning and she said yes. I asked if that hadn't helped anything and she said  
no. She said that she couldn't trust me anymore, that she couldn't believe anything I  
said about our relationship or myself and that until she got some satisfactory  
responses to the complaints (my word, not hers) she laid out, that there couldn't be  
any resolution. She was in the middle of that sentence when we got disconnected. She  
may or may not think that I hung up on her. I have no way to contact her. She said  
that she can't do email and that she doesn't have any number to charge phone calls to.  
I offered to give her our number and she refused.

So now I'm feeling pretty rough again. I don't know what to do. Apparently she can't  
communicate with you and she's in sole control of access to me. And what can I say  
that I haven't already said and that wasn't enough? I told her that I'd had an  
emergency phone session with you last night and that I was feeling more able to deal  
with stuff. That had no impact. Wasn't what she wanted to hear.

Last night, purely obeying my intuition, I sent her an email in which I included a  
copy of my last note to you (the one where I asked you to call me), told her I had  
talked to you and that I understood some things better now. And then I told her that  
I still loved her, was still her 2 - Name - ... Bear, was till waiting here like a beacon for



her....all that kinda stuff. But she didn't read it.

ALL  
C  
I'm willing to try to operate in "full disclosure" mode for awhile if that would help her to feel safer. Which was what prompted the email I sent her last night. Figured if she knew what was happening with me, it might help somehow.

I've reviewed some of the stuff she said in email. Can't quote it to you exactly because that would be a betrayal of her confidentiality, but here's a summary of some of it:

She said that I'd been sending out MAJOR signals for 2 days that I wasn't OK and then pretended I hadn't been and then jerked her all over the fucking place about it. That I was communicating very clearly that she was the reason that I wasn't OK, that I was unhappy with her and then refused to deal with it when she asked.

At one point I said: My experience is that I've been being very, very careful since I left Atlanta to do nothing that would cause you any distress or that would cause a blow-up like we had tonight. And to that she replied that I had a lot of stuff going on anyway and that she got clobbered by it because I wouldn't own it.

Then she said that she couldn't understand why I was choosing now to have a crisis about her and our relationship. I replied:

I am NOT having a crisis right now about you, us, etc. or about anything else. I am having feelings about you, us, me that are pretty predictable at this point. I don't apologize for them. I think they're pretty normal. And I'd be delighted to talk to you about them when you have the time and the space and the peace. I didn't think that tonight was the time. I was right.

This was followed by a "fuck you," and a suggestion that I back off. She was incredulous that I of all people, whom she let it so close, couldn't hear her despair, couldn't honor her perceptions, couldn't empathize with her. She said that I was being crazy and forcing her into a corner where she had to disengage in order to survive.

She said that she couldn't trust me because I'm always throwing something at her that is out of context or something that she did in the past and that's no longer applicable. Makes her not trust that I ever "got" what was happening in the first place and she thinks that I store up resentment about it and then slap her with it the next time we have a disagreement.

And then she went on at some length about how I have a lot of needs that I'm not owning up to.

She said that she was not trusting me and my process at all, that it was very unstraight and mixed up. And more about how whenever I don't have enough contact with her I find a way to barge in and pull her back into process with me. This is a real big, constant theme.

I don't have the heart to go on with this. I feel very heartbroken.

Oh, great.....she just called again, sounding like normal <sup>1 - Mental health...</sup> because she was facing a very tangible danger....tornadoes. She ostensibly was asking me to watch the Weather Channel (which we don't get) or check on the computer to see what was happening. They were in a big storm outside of Columbus and their radio was giving a lot of tornado warnings. The phone signal kept breaking up until we were just doing a

series of "Can you hear me?'s" I did hear her say that they were pulling off the road and I may have heard something about taking cover and I think I heard something about calling me back when the phone went dead. Is that just peachey or what?

I'll keep you posted.

2 - Name - Whistl...

.

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW ...

Subject: Update, again

Cc:

Bcc:

X-Attachments:

ALL  
C  
1 - Mental health... called back. They were safe. She said the visibility had been zero and everything was black and the radio kept being interrupted with bulletins (alerts, not warnings) and kept telling how to go about taking cover and all that. Scariest thing must have been not being able to see what might have been coming at them. They, along with about half the other traffic, pulled over to the side of the interstate for awhile.

When she called, the weather had improved but it was still raining. She sounded like 1 - Mental health... when she was telling me all that. And it's interesting that when she was really scared, the first thing she did was call me. She had to have known that there was nothing that I could do and that her best information was gonna be coming from the local radio stations, but she still needed to talk to me.

Then she went back into cold, hard, unyielding mode. I talked, she listened. I told her some about my day yesterday, and my loss of trust in myself and my finding the few things I could trust. I told her that I was willing to go into full disclosure mode because I had realized that it was easier for her to know all that was going on with me. I told her that you would welcome some input from her about what you observed of my behavior. I cried. I told her that I had had to face something in myself for the first time and that I hadn't wanted to do it. I told her that it wasn't my default setting to disclose much about myself and then we got disconnected again.

Herein endeth the update.

2 - Name - W...

Date: Wed, 25 Jun 1997 20:41:00 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Update, again

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

MIME-Version: 1.0

ALL  
✓  
Did good, kid. took big risk. And you're noticing, how in real life stuff she shifted back to who you know, which is a way of knowing who is alter and who not. And my hunch is that she and the whole crew heard you and heard you take a risk, and that will make a difference.

I pissed her off, but I wrote her an email and told her that I wanted her to remember that you do truly love her, and that I know that that is not bullshit. So that's the beginning and end of my intervention (grin).

Take care of you, my dear. Call me if you need to, or tell me to call you.

Date: Wed, 25 Jun 1997 20:41:02 -0400  
From: "Laura S. Brown" <lsbrown@compuserve.com>  
Subject: Update....  
To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...  
MIME-Version: 1.0

Well, well.

Ok, a couple of things. Pissed, because I thought that she would not do this with someone not an official Caretaker. Then realized later that you are in the Helen transference stuff, and now am sure of it because of what you got told by this alter, who has said very similar things to me.

So what to do at those times. Protect your center. Be undefensive, loving, and wait for the tornado to pass. It's ok to say, I can't do this now, and go away; actually, some parts of her understand that real well especially from you, who is her friend.

And know that you must mean a whole lot to her if you get to meet this one; it's about terror of the harm coming from connection, and trying to make people disconnect, which of course is precisely what she doesn't want.

I'm so glad she's calling you. I'm in no-news mode here, which is ok for me (grin- I have my "I can do ambiguity" tape on in my mind-grin). Don't feel responsible to me for updates.

I am so very proud of you, you know. You are working hard to undo patriarchal crap inside of you about it not being ok to be simply human. I wish there were/had been an easier way to get to this piece, and I am very extremely hugely proud (did I say I was proud?) of how you are working with this so hard thing.

You have sure changed.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Update, again

Cc:

Bcc:

X-Attachments:

Thanks for both notes. Helps a lot to keep getting that reinforcement.

Does being in "no news mode" mean that you don't WANT updates or just that you want me not to feel responsible to provide them?

Nothing new to report anyway. I'm wondering if I'll hear from her tonight.

Baseball tonight, thankyoujesus.

2 - Name - W...

**Date:** Thu, 26 Jun 1997 09:07:39 -0400

**From:** "Laura S. Brown" <lsbrown@compuserve.com>

**Subject:** Re: Update, again

**To:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

**MIME-Version:** 1.0

L Means, don't feel any obligation-I don't have independent information to speak of, and that's ok, I can handle that fine, and do not require yourself to send me news.

L Hope our guys won (grin). You could use that, huh?

L Take care of you. Remember you are human, that you don't have alien anything in you, just humanness.

2...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Um.....

Cc:

Bcc:

X-Attachments:

ALL  
C  
Not doing so good again. Talked to 1 - Mental health... for a long time last night.....to 1 - Mental health... not an alter. She's doing very badly.....not eating, not sleeping, body a mess. They were in Salina, Kansas last night....having come 900 miles, a full third of the way, in a little over 24 hours. They must really be pressing hard. Conditions in that truck must be intolerable.....emotionally and physically.

She owned a lot of her own stuff and admitted that the stuff with me was only a small part of her problems with coming here. But it's still a very big piece between us, and it's what's uppermost in her mind. She feels that I may be too dangerous for her to be around. And with my subconscious running wild in the streets doing horrible things, I agree with her. I think it might be irresponsible and cruel for me to try to continue a relationship with her.

L  
>Take care of you. Remember you are human, that you don't have alien  
>anything in you, just humanness.

C  
Maybe not alien, but something monstrous. I can no longer cutie it up by calling it 2 - Name - Whistl... . What I did to her on her last night at the farm was monstrous....therefore, I'm monstrous. She says no, but that's how I'm feeling.

C  
I finally asked myself WHY my subconscious is doing this stuff. And I came up with an answer that I don't like at all: because I've been NEEDING stuff from her, some of the same stuff I've been giving her in terms of nurturing and physical affection. I don't WANT to need anything from her. I've maintained this wonderful image of myself as strong, wise crone, dispensing unconditional love and healing from a place of wholeness and completion, where I don't need anything in return. In other words, the fucking Goddess. How insufferably arrogant of me! And because I refused to even admit the possibility to myself that I needed something, my subconscious has been forced to do all these really destructive numbers on both of us. It's intolerable.

C  
She really, really doesn't trust me anymore. And I don't either. I can't stand to be with myself. And Ellen and Hallie are arriving today and at the rate they're going, 1 - Name - Mental health... et al may be here by this weekend and I don't feel like I can face any of them. I want not to exist anymore.

C  
Still not remotely suicidal, mind you. Just really wanting not to be here. Why is it that I could bear (somehow) all the shit that happened to me before, but I can't bear this? In a way, this is the worst.

2 - Name - ...



Date: Fri, 27 Jun 1997 01:39:45 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Um.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

MIME-Version: 1.0

ALL  
L  
2 - Name - ... for you to call your needs monstrous, and your struggle to claim them monstrous, is unfair to you. And wrong, period. I don't think you are dangerous per se to 1 - Mental health... I think that right now anyone who has any possibility of closeness feels dangerous to her. And I want you to try to hear that this is not specific to you, it's her stuff.

So, ok, you aren't perfectly straight about what you want. And who is? This does not make you monstrous. It makes you a human who has long tried to deny her own needs in various ways, and now can see them.

Get off your own back, please. You don't deserve this from you.

If you need me to call you over the next few days, let me know, please.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Um.....

Cc:

Bcc:

X-Attachments:

L > 2 - Name - ... for you to call your needs monstrous, and your struggle to claim  
>them monstrous, is unfair to you. And wrong, period.

C OK....I was kinda over the top yesterday. Today I don't feel monstrous, quite.  
Feeling better. Having insights raining down on me left and right. Such fun. (wry  
grin)

L >I don't think you are dangerous per se to 1 - Mental health... I think that right now anyone who  
has any  
>possibility of closeness feels dangerous to her. And I want you to try to  
>hear that this is not specific to you, it's her stuff.

C I'll try to remember this. It's hard.

L >So, ok, you aren't perfectly straight about what you want. And who is? This  
>does not make you monstrous. It makes you a human who has long tried to  
>deny her own needs in various ways, and now can see them.

C See above: insights raining down on me. I understand a lot more about this now.

L >If you need me to call you over the next few days, let me know, please.

C Thanks, dearie, for all the support. It's meant everything. I may be over the hump  
here. Helps greatly that yesterday 1 - Mental health... sounded MUCH better....sounded almost giddy  
with relief and was able to joke with me and play with me. Something I said the night  
before must have turned things around for her. Or something else did. Whatever, at  
least we're having some normalization of relations and she's listening when I tell her  
I love her. It's a start.

C They were in Laramie, Wyoming last night. At this rate, they could be here in a  
couple of days. I talked to Paula at one point yesterday too. They both sounded  
hysterical....funny hysterical, not crazy hysterical. Let's take a moment to be  
grateful that we're not in that truck.....

2 - Name - ...

Date: Fri, 27 Jun 1997 18:21:25 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Re: Um.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R...

MIME-Version: 1.0

I'd love to get in on some of that rainshower, so I hope you're writing it down somewhere for your shrink here (grin).

We're at our mountain home now. Last night I had a close encounter between my car and a Vancouver taxicab. So we have a dent, which means I get insurance to pay to repaint my car (this is called how to reframe things-grin). I'm fine, no one else was in the car at the time. And Schmu loved being at the hotel; this place bakes special dog biscuits and brings them, along with two bottles of Evian and special dog bowls, on a silver platter to the room of the dog. Seriously. He loved it.

so, take care of you. And yes, remember that being powerful in people's lives means that you have effect. But that does not mean that you do harm. Pain and harm are not the same thing. That particular alter you had close encounters with does not make such distinctions, but 1 - Mental heal... and a lot of the rest in there do.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Um.....

Cc:

Bcc:

X-Attachments:

L >I'd love to get in on some of that rainshower, so I hope you're writing it  
>down somewhere for your shrink here (grin).

C Cues: The Great Cosmic Tit  
avalanches  
can touch lie?  
about a dozen other things which, of course, I've already forgotten

L >We're at our mountain home now. Last night I had a close encounter between  
>my car and a Vancouver taxicab.

C Oh shit. Glad no one was hurt. So delighted to hear about your new paint job.  
(snort)

L >And Schmu loved being at the hotel; this place bakes special dog biscuits and brings  
>them, along with two bottles of Evian and special dog bowls, on a silver  
>platter to the room of the dog. Seriously. He loved it.

C You've GOT to be kidding! Way cool. Had no idea he got to go with you this time.

L >Pain and harm are not the same thing.

C How do you know when pain turns into harm? I think I harmed her.

L >That particular alter you had close encounters with does not make such distinctions,  
but 1 - Mental health... and >a lot of the rest in there do.

C I've been talking with 1 - Mental health... a fair amount and I think she thinks I harmed her.

C She's in absolutely dreadful shape. And they're having mechanical problems with the  
truck and may be delayed in Idaho. They're 750 miles from here. And their car phone  
is busted. If all goes well, they'll be here Sunday. I'm real, real scared.

2 - Name - Whi...

Date: Sat, 28 Jun 1997 11:25:04 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Re: Um.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

MIME-Version: 1.0

ALL  
C  
Well, I think that it's possible to activate old harm. Which might be happening here for you both. but that's different than creating new harm. The risk of intimacy and intensity is that it does activate the stuff in the core, and some of that is unhealed stuff. But activating it is different than causing it. That's also an important distinction. And, as a friend/peer, you aren't under a responsibility to be always on the watch for that possibility of activation, which is different than when an official non-peer person.

Again, I sense that there is a lot of fear for her of Helen re-runs, and that's what's up. You may have activated it, but not made it be there.

So I'll look at the metaphors, and then we'll revisit them on Wednesday.

Actually, Schmu only came up for Thursday night- he and Miriam drove up in a rental car and met me, and had his hotel experience.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Um.....

Cc:

Bcc:

X-Attachments:

L >Well, I think that it's possible to activate old harm. Which might be  
>happening here for you both. but that's different than creating new harm.  
>The risk of intimacy and intensity is that it does activate the stuff in  
>the core, and some of that is unhealed stuff. But activting it is different  
>than causing it. That's also an important distinction.

C That helped a lot. I think I'm gonna need to be reminded of that a lot.

C The Georgia girls spent last night in Ellensburg and should be rolling in here in the  
early afternoon. 1 - Mental health... seemed much more relaxed and said that her old stuff wasn't  
coming up and that she was actually looking forward to getting here and being here.  
Said she loved me. Said a lot of sweet things.

C I'm scared but really eager for them to get here.

C Hope you're having a very relaxing weekend in the mountains.....

2 - Name - Wh...

Date: Sun, 29 Jun 1997 19:05:16 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Re: Um.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R...

MIME-Version: 1.0

L I'm back, odd to be home after a week, but nice. Hope the in-coming is going well. And yes I will remind you of this as much as needed. I can see that this is THE learning experience par excellence (grin).

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Um.....

Cc:

Bcc:

X-Attachments:

L >I'm back, odd to be home after a week, but nice. Hope the in-coming is  
>going well. And yes I will remind you of this as much as needed. I can see  
>that this is THE learning experience par excellence (grin).

C Yeah, well.....

C Love conquers all.

C Or, more precisely, love has conquered enough stuff so that relations are fairly  
normalized on the surface.

1 - Mental healt... spent the night here last night, in the apartment, while Olivia and Paula slept  
C on the floor at their new house (Olivia's need to be settled in the new place). She  
was in pretty rough shape last night, but wanted me to do my healing work with her,  
rubbing her sore spots and putting her to sleep. And I did. Felt wonderful to hold  
her. Thought I might never have that experience again.

C Settling in has started. Healing our fracture is underway.

C I'm utterly exhausted.

C Glad you're home. Hope the time in the moutains was good.

2 - Name - ...



To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Well, shit.....

Cc:

Bcc:

X-Attachments:

C Migraine in progress. Not too bad yet....could go either way. Also have been feeling very bad physically for the last few days.

C May not be able to make my appointment tomorrow, damn it. Not like I NEEDED to be there or anything. If you're OK with hanging loose, I'll see how it goes tonight and decide in the morning.

C Pisser.

2 - Name - W...

Date: Tue, 1 Jul 1997 23:47:22 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Well, shit.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R...

MIME-Version: 1.0

L I can hang lose, easy, but oh shit is true.

L Plus we have buncha stuff foryou from Shelby (who is home and would love to hear from you for a couple of minutes), and books I've been collecting.

L so let's visualize it all getting better.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Well, shit.....

Cc:

Bcc:

X-Attachments:

L >so let's visualize it all getting better.

C Headache's gone. Been awake since 2:30, but I figure what the hell. Ellen can drive me both ways, so I'm coming in.

C See ya in a few hours.....

Love.

2 - Name ~...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: My appt. next week....

Cc:

Bcc:

X-Attachments:

1 - Mental health... would like to drive me, but can't do it on Wednesday. Wednesday is Paula's first day at work, and 1 - Mental health... has to be here to get Olivia to school and all. Any possibility of an appt. another day? I realize that the chances of this are slim, but thought I'd give it a try.

C I've been severely crashed out in a major CPIDS flare. Doubt that I'll be able to drive myself by next Wednesday, but you never know.

C Hope you're feeling all better. Worried about you.

2 - Name - ...

Date: Sat, 5 Jul 1997 21:34:55 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: My appt. next week....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW ...

MIME-Version: 1.0

L If Louisa can switch times with you, we're scheduled to talk at 11 on Tuesday and she could switch it.

L Don't worry about me. I've been down this road a few times, and it's familiar, I just need to remember to take care. And to tell people what's going on, so they don't interpret it as me being distant or anything.

L Hope 4th was good. Let me know if you'll do it Tuesday.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: My appt. next week....

Cc:

Bcc:

X-Attachments:

L >If 1 - Mental health... can switch times with you, we're scheduled to talk at 11 on  
>Tuesday and she could switch it.

C I'll check with 1 - Mental health... and get right back to you. Ellen and Hallie are leaving on  
Tuesday, but maybe we can work around that. Thanks.

L >Don't worry about me. I've been down this road a few times, and it's  
>familiar, I just need to remember to take care. And to tell people what's  
>going on, so they don't interpret it as me being distant or anything.

C Well, I'm worrying anyway, of course, though I do hear what you're saying. Please do  
take care maximally, OK?

C Back with you ASAP.

2 - Name - ...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: My appt. next week....

Cc:

Bcc:

X-Attachments:

C So how are you feeling? Any better?

C Clearly my appointment with you will be on Wednesday. Only thing up in the air is whether I'll show up in person or whether we'll have to do a phone session. I've been having a real bad time of it physically, so it's a crap shoot. Sorry I can't be more definite.

C Hope you're frisky.

2 - Name - Whistlebl...

**To: Laura**

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW...

**Subject: More on the appointment conundrum....**

**Cc:**

**Bcc:**

**X-Attachments:**

Looks now like I'm going to be taking Ellen and Hallie to the Bainbridge ferry tomorrow, which means that I won't be able to make the trip to Seattle the next day. Too much two days in a row.

So....a telephone appointment would be great if you're up to it. You mentioned that your spastic dysphonia was acting up again...????? Howsabout if I call you at 11:00 if you ARE up to it?

2 - Name - Whi...



To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Notes on a learning experience....nonurgent...you could read it during our appt. if you like

Cc:

Bcc:

X-Attachments:

I got into quite an upheaval yesterday over some apparently minor stuff that said in passing in email. Finally found what seems to me to be the deepest part of my wounding, and wasn't THAT fun? was wonderful about it, both in this email and later on in person.

And it's important to understand that our physical intimacy goes WAY beyond anything that is usual between friends. Much of it occurs lying down in bed, and there's lots of holding and cuddling in addition to my rubbing her sore places.

Date: Mon, 7 Jul 1997 20:25:54 -0400

From: 1 - Mental health information, Adults - In... <105554.1740@compuserve.com>

I was leery of getting into this because I was afraid of it hitting you in a big way but I didn't know how at the time to soften it so I'll try here. We're finally back from errands and it was good, actually, got me grounded on where some things are here; spent time with O's teacher; O had an invitation to a friend's house for the first time, and we liked her and her Mom; they live on Marriestow.

>>I'll say a little about the other night and my discomfort. It has to do with feeling a bit like sometimes you see my body as yours and not mine.

>Jesus, ...this hit me like a spear through the heart. All this time  
>I've thought I've been following your lead with our physical contact,  
>taking care to let you....well.....lead.

It shouldn't be at the level of a spear. So let me try to put more context around it if I can. I felt so bad today that it didn't have much "padding."

Just think of it more as part of two people setting distance/closeness. They don't always automatically match.

You have been letting me lead with initiating one-on-one time a lot, and responding a lot to my leads, and I have never pursued time together when I haven't been honest about wanting that. More about too much affection and when I tried to pull back on that the other night you didn't see it, I guess, then I let you hug me some more when it felt bad to me. I am so emotionally tired that it is hard to do more than a first round of setting body limits, or any kind of limits. So you didn't do anything so bad. After all, most of the time the overriding reality is how lucky I feel to have you focussing on my well being. You are the answer to a lot of things I did not think I could ever find that I need to heal, if it is possible, which I still don't trust.

Also, I don't see it as coming from a "bad place". I see all of it, all forms of contact, as coming from you being loving of me. I should have said that "I felt controlled" (making it my issue) and let you check out if some part of you was inadvertantly pushing for control and maybe not seeing me at the moment; and I should have said "felt like" intimacy needs that are more primary or sexual (making it my issue, which after all I do have a

history of being sexually "used", even by helen) and let you check that out. One reason I get scared is that you have let me know that you do not have much contact/holding with Phoenix. I get scared that that asymmetry (between you and P as a couple and P and I as a couple) pushes or might push me toward more primacy with you in ways I ultimately can't match or fill. I think I just need some reassurance on that.

>Is this another fucking blind spot I have where I'm doing something that I'm completely unaware of?

More like a mismatch in the moment that occasionally comes up. It's your right to check out, or not, if there's a part out of awareness, and my responsibility to see what part is my history. Which I am owning above. If we both do that, hopefully it doesn't end up a crisis.

>Where I'm broadcasting and doing something without my volition? If it is, >this particular thing will shut me down faster than a bullet. I WILL NOT >TOLERATE HAVING YOU FEEL THAT I THINK I OWN YOUR BODY. That pushes a >button in me that.....that....oh shit. It makes me want to say that I just >can't be around you anymore until I clean up my act. I won't say that, but >I really want to. This is completely intolerable.

>I am extremely upset about this and about what follows. Not upset with >you, mind you. Be clear about that. Upset with me.

Well DON'T be. (I know, I know). But try being more like, "concerned" and say, "curious" about what is going on. This wasn't a crisis for me. Just part of my struggle to have my own boundaries right now and wanting relating to be easy, which in intimacy of course it isn't, a lot of the time.

>>I feel like you've been increasing the intensity of some of what I would call >>the affection part--kissing holding close, etc. I don't want to do >>prolonged intense contact--which is consistent with not wanting to do >>prolonged intense anything. I feel like you pressure me in this dimension >>and don't read my signals and efforts to keep my own comfort level. The >>other night there were many. Saying I needed to go, asking if you could >>"just" rub me a little, etc. I get depressed when it feels like "in order" >>to have the rubbing, which is so healing and also a form of affection, I >>have to be more physically intimate than I want to sometimes.

>And so much for my belief that I was getting so much better at staying >tuned in to you at these times and at respecting your comfort level.

>I'm so fucking confused. I do have needs and I'm finally admitting that >very salient fact to myself and to you. I need affectionate touching and >cuddling with you. But I do not want you to be forced to be more >physically intimate than you want to be EVER. No more than I want myself >to be forced to more physically intimate than I want to be, EVER. Not that >you ever do that.

I know you have needs, and this leads to one of my binds that I work on a lot in my head. Goes something like: I need rubbing and massage and some warm holding and cuddling--especially with the bedtime problem, and 2 - Name - ... needs cuddling, etc., too. So when I "only" want to be touched where I hurt, and rubbed, and don't want the other, am I being selfish, and if so, should I not ask for what I need, because I don't feel

affectionate/like holding or being kissed, etc. I guess the other night was one of those times. So I guess I need to know how you feel about times I only want help with the pain, but (and it is part of a bad fibromyalgia flare) am not in a space for cuddling, etc.

Also I think I just get squeamish with much kissing. It feels more intimate than I like to feel right now. I've gotten a little bit of regrounding today (not much; just a bad day FM wise) and think the truth is somewhere between us--you don't intend to be sexual, I don't know what/if there is an ingredient of that you are unaware of (I think there might be at least SOME part there and I'm not mad or criticizing you, just trying to find a way for this to work); and I KNOW that if there is any piece of that I will intuit it and have a real reaction, given my history.

Hope that helps diffuse this some for you.

>This is an area that is such a fucking minefield for me. This is an area  
>in which I will not tolerate my fucking up. I just won't. I will not  
>inflict that on you. I can cut myself some slack with some stuff, but not  
>this. I just can't.

Easy. Calm down..... nothing is blowing up, no T's here.

>I don't know what this means. I feel like I'm very toxic for you and that  
>I shouldn't be around you. I feel like I can't trust myself with this  
>stuff at all. I don't know how we're going to get past this. I can't shut  
>down and stop seeing you, obviously. I don't know what to do. It's going  
>to be very hard for me to open up to you again because I can't bear the  
>thought of doing this to you.

>And yes, of COURSE it's about my fucking mother. I know that. It's about  
>my primary wounding, about how she invaded me and abandoned me at the same  
>time.

You are not being her, here, and I'm not either. I didn't go anywhere. Just needed space for 24 hrs and this was only one part of that. I'm not near as reactive here, where I am literally close by.

>>No time to finish this. Please don't see it as the overriding reality, its  
>>just a problem, and made me pull back.

>To you, maybe it's a just a problem and I'm glad of that. Gives me hope  
>that maybe we can work it out if you're calm about it. I'm not calm about  
>it. I'm crying and I feel like wailing and I'm feeling worse the longer I  
>sit here and type and think about it. I want to run away. I want to  
>disappear. I want to stop.

>>It makes me feel I have to fill these needs of yours, and I really feel  
>>that a level/part of this belongs primarily between you and Phoenix.

>This made me just want to throw my head back and howl with despair. In  
>other words, you think I've been trying to force a sexual kind of intimacy  
>on you? Oh dear God.

No, I don't think anything that "black and white." Hope it's clearer from the above.

Date: Tue, 8 Jul 1997 19:35:33 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Notes on a learning experience....nonurgent...you could read it during our appt.

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

MIME-Version: 1.0

ALL  
L  
Aha, fun indeed (groan). But very valuable. And here it is, your assumption that you cannot do any wrong being where the pain is, huh?

So, the mantra until we talk tomorrw- I am human, i AM human, IIIII am human, and allowed to be so, which means- not read minds, be imperfect, not never be invasive of a peer, fuck up, make mistakes, etc,

From your shrink the human.....

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: About my appt.....again.....

Cc:

Bcc:

X-Attachments:

C Judging from the way I feel right now, and given that I've got to take Phoenix to the airport today, I think it's gonna be impossible for me to make it over there tomorrow. Damn.

C I hate not seeing you.

C As you know, 1 - Mental health... and I have been going at it again. Things are back in the groove at the moment, but we sure have a lot of things to work on. It's been real hard.

C How's your body doing?

C Howsabout if I call you tomorrow at 11:00?

2 - Name - ...

Date: Tue, 15 Jul 1997 18:54:12 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: About my appt.....again.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

MIME-Version: 1.0

L  
Body is much better. This is hard for you, not being able to come. Are you sure? But I trust you to know wha tyou can handle, so call me at 11,I'll be hooked up.

**To: "Laura S. Brown" <lsbrown@compuserve.com>**

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW ...

**Subject: Re: About my appt.....again.....**

**Cc:**

**Bcc:**

**X-Attachments:**

L >Body is much better. This is hard for you, not being able to come. Are you  
>sure? But I trust you to know wha tyou can handle, so call me at 11,I'll be  
>hooked up.

C 11:00 it is. I'm utterly wrecked now, after the airport trip.....so I think it's  
smart not to try. BUT I REALLY HATE NOT SEEING YOU.

**Grump.**

2 - Name - W...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: My appointment....

Cc:

Bcc:

X-Attachments:

ALL  
C  
Looks like it'll have to be by phone again. Sigh. Am (I hope) coming off a bad cycle of migraines requiring heavy drugs and am not feeling too frisky. Also, I've been doing some heavy support work for the 1 - Mental health information, Adults - I... family while Paula goes through these ghastly nights on call (3 outta 4).....and am feeling the need to stick around here on Wednesday to see it through as Executive Manager. And as 2 - Name - W... Bear.

I think I'm not making much sense. It's noon and I just got outta bed for the third time. I'm a little punchy.

And am bummed at missing out on your corporeal presence again.

I'll call YOU, OK?

Thanks.

2 - Name - W...



**To: Laura**

**From:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

**Subject: See you tomorrow?**

**Cc:**

**Bcc:**

**X-Attachments:**

**You DO know that I'm coming at ya tomorrow (Tuesday) at 11:00, don't you?**

**Reassurance needed.**

2 - Name - W...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R...)

Subject: Reporting in.....

Cc:

Bcc:

X-Attachments:

C Here's a copy of a note I sent 1 - Mental health... last night....

C TO  
Louis I'm gonna try to explain more. Bear with me, please, because I'm drugged and semi-incoherent.

A piece of it is.....Laura agreed with you that I've been doing too much too fast in therapy and with you. At least I think she did.

A piece of it is.....when I'm this crazy and this vulnerable, I get EXTREMELY sensitive (and paranoid) about my loved ones letting me down. Hence my comments about you thinking of going to the horse show tomorrow. Hence my giving Phoenix shit when she got home for staying so late at her meeting. I can't bear the idea of being let down. This is one of the main driving forces for needing so desperately to run away.....no one can let me down if no one is there. Also, I find my behavior around this stuff to be extremely unattractive and I'm embarrassed for anyone to see me acting like such a jerk. So....if I'm gone, no one has to see it.

It's very hard for me to trust any of you to actually follow through with promises of support. I've almost always been let down when people do that.

A piece of it is.....I've never allowed a circle of loved ones to support me through something like this. I've never had that before. When you ask me what I need, I truly have no idea. I don't know how to do this. On the one hand, I feel very unapproachable. On the other hand, the thought of being held and comforted is so appealing that it scares me off. I'm so afraid that if I actually reach for that, it'll be snatched away from me and I'll be much worse off than if I never reached for it in the first place. Old stuff.

So much easier to go off by myself and go it alone. I know that territory real well. The drive to do that is almost impossible to deny. I'm frantic to get away. I'm all packed and ready to go. I think I could keep myself safe. I'm not suicidal. I've been thinking about it some, but that's all.

I seem to have made a decision not to leave in the morning. I'm not unpacking. I might leave in the afternoon. I'm trusting you and Laura's judgment about this more than my own but I'm still not sure. I'm very confused. I'm open to suggestions about alternatives.

Thanks for being so very kind and warm and THERE. I'm so sorry to be causing you distress. The bottom just fell out for me today and I feel like screaming with pain. Got to get the pain to stop. Not bearable.

I love you more than I can say,  
Cinnie

C And I had a terrible night. And I'm feeling a lot more energy today and I'm back to wanting to take off. And I'm staying put for the time being. I'm real ambivalent about everything.

C 1 - Mental health... is being wonderful and very sweet. You have my permission to talk to her about any and all of this. Makes no difference to me. Likewise Phoenix, though I can't imagine that Phoenix would talk to you.

Thanks for all the help.

2 - Name - Wh...

Date: Thu, 7 Aug 1997 18:58:49 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Reporting in.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Fa...

MIME-Version: 1.0

ALL  
L  
Hey there. You are being a very brave person doing a very hard and scary thing. Which is, confronting the piece that nearly drove you mad eight years ago; your knowledge of your core needs. And you are having an experience that you don't know what to do with- being friends with someone to whom you give care \_and\_ from whom you get a similarly very deep care. So of course you're trying to run; and your insight is being good.

It isn't just that you are "paranoid" about being let down. You are certain that you will be punished for these needs by having that happen. And then you are frantic, cannot imagine that things will be ok, certain that a gap in this moment between need and its meeting means certain and forever getting left out in the cold. You are noticing those kid needs you shut down so early; and because you shut them down so young, you don't have good internal soothing strategies developed yet for when you need to remind yourself that everything will indeed be all right in a bit

You're not being a jerk. You are scared, and little inside, and don't have skills developed yet to get through this without getting a tad overwhelmed. And you are going to get them, you know. You have a child in your life for a reason. You get to see that kids can have full-out needs and that they get met, not always right away but well enough for it to be ok.

I know you're terrified to trust the circle of loving people who are here now. And I want you to remember that you have chosen differently now than at any time in your life. You have chosen people who do not need you as the body on which they vampire. You have instead chosen people who give and receive love and care with you and from you and to you and whose relationships with you are ones in which your well-being is central, too

And you do know some of what you need. To be held, some. Spoken to lovingly and gently. Reminded that you are not a jerk, and doing nothing to be ashamed of, and most importantly, deeply unalone and connected.

You've gotten too healthy to just do the same old same old shut down and run away routine. I know that you desire to do so intensely. But your distress and uncertainty about it reflect some deep inner knowing that you can stay here and be in connection

You are also giving others the gift of knowing you in this very intimate way. So don't go around apologizing for it to anyone, 1 - Mental health... me, Phoenix, nobody.

We do indeed circle you with love and care, all of us. Together we are a web and net, and each part supports the other and all of us support you and ultimately you are part of it all too. So lean a little, if you can.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R... )

Subject: Re: Reporting in.....

Cc:

Bcc:

X-Attachments:

I read what you wrote very carefully and heeded it very carefully. Thanks, dear person. Helped a lot to have it all laid out so clearly.

It's 9:30 and I just got back from spending about 5 hours with Louisa at Ft. Flagler. She was very gentle and very loving and very helpful. You two are speaking with one voice, which is kind of uncanny. Like sitting between two stereo speakers.

I'm feeling much better now. I realize that this is a turning point for me....that this is the first time I've ever had a chance to be contained this way by people who love me. And it's hard as hell, but I'm doing it. And I'm going to unpack my bag and I'm going to stick around and see it through. I'm still in pretty massive pain, but I don't think this is going to evolve into a major depression. I think the worst is over already, maybe.

And I'm going to do some ritual around it too.....what you said reminded me that I need to pay attention to the spiritual opportunities here.

Thanks for hanging in there with me so very well. It means everything, as you know.

I love you a lot.

2 - Name - ...

Date: Fri, 8 Aug 1997 10:25:46 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Re: Reporting in.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

MIME-Version: 1.0

L I am so proud of you! Because it's true, the pain doesn't magically disappear when the healing is happening. It's more that you can realize with hope that you don't have to do the same old same old anymore. That people in your life now are those chosen, consciously or not, for their ability to love and be with the pained child in your core, and not shame or exploit that. And that is going to let the healing go on and on.

L I'm glad you decided to let us give to you, and that you're gonna maybe let us all keep on giving. You're gonna be amazed (grin).

L and call me, please, if you want to chat. I'm working today, have an eval from Alaska coming in, but will be around and checking the machine from time to time.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Reporting in.....

Cc:

Bcc:

X-Attachments:

L >I am so proud of you! Because it's true, the pain doesn't magically  
>disappear when the healing is happening. It's more that you can realize  
>with hope that you don't have to do the same old same old anymore. That  
>people in your life now are those chosen, consciously or not, for their  
>ability to love and be with the pained child in your core, and not shame or  
>exploit that. And that is going to let the healing go on and on.

C Yeah to all of that. This is feeling more and more like a major life turning point  
kinda thing. Feels really good.

L >and call me, please, if you want to chat. I'm working today, have an eval  
>from Alaska coming in, but will be around and checking the machine from  
>time to time.

C Thanks for the offer. Your email is helping an awful lot. I don't think I'll need to  
call, but if I do I will, because of course that's the kinda girl I am. (big grin)  
That's the kinda girl I am as of about 12 hours ago.....

C I'm sending you a copy of part of my email to 1 - Mental health... this morning. Big stuff.....

To -----  
By the time I wrote to you last night, I was actually feeling undepressed. Today I'm  
feeling a little shaky again, but still basically undepressed. Hard to trust this  
judgment, since I have tremendous powers of denial when it comes to depression. But  
still. I slept real hard and long last night. And Phoenix says I'm looking much  
perkier and I feel tons better than yesterday. But shaky. And uncertain.

There's something big to talk about. Remember I mentioned that I felt that it would  
be a good idea to do some ritual around this? "This" being something along the lines  
of a surrender on my part to being human and acknowledging my human needs and allowing  
my loved ones to support me.....and a celebration of that life-changing shift in  
attitude. Well, I was thinking about that some more this morning.

I've always been in solitary practice of wicca. Wicca is a religion which is  
traditionally practiced in groups. I've never been willing to join a group to  
practice my religion. Never trusted anyone else enough to do that, for one thing.  
Always a loner, for another.

My croning ceremony wasn't really a ritual. Oh, it sort of was, but not a formal one.  
Certainly no attempt was made to raise energy. Kept it that way on purpose, partly  
because about half the people there weren't pagans of any variety and partly because  
of my aversion to joining in serious ritual with other people.

Phoenix and I did a ritual together once, to get this house. Phoenix also is  
uncomfortable with doing ritual with others.

So when I was thinking about doing some ritual around this major life event, my mind  
wandered over to wondering what it would be like to involve someone else in it.  
Thought of Phoenix and thought of how she doesn't like to do that. Thought of you and  
thought.....naw, it's not her religion. She wouldn't want to do it. Thought of  
Paula....would Paula do it with me? Then the revelation came: this is NOT a ritual

to do alone. This is a ritual to do with ALL my loved ones who are intimately involved in this process with me. It's the only thing that fits.

And the thought utterly terrifies me. Which means that this is probably a really big piece of this growing edge for me.

I couldn't possible do this for the following reasons:

1. I couldn't impose on everyone by asking them to take time away from their busy lives to do this with me.
2. I'd be morbidly embarrassed to be the center of that much of that kind of attention.
3. I'm a loner when it comes to religion and many other things.
4. Doing this kind of ritual involves the temporary merging/joining together of the parties involved for the common purpose. I couldn't possible join together like this with other people, even the people I love most in the world.

And of course, the discerning reader (that's you, darling) will immediately note that all these attitudes belong to the Old Way of Being Cinnie. They are not congruent with the New Way of Being Cinnie and are in fact in direct opposition to it. So I need to do this.

And of course, it'd be wonderful if you could be a part of this, but it's kinda hard to imagine how that could happen. It would mean you coming over here for a ritual that would last maybe half an hour or so. And then part of the ritual is the celebration and feasting and stuff and the boundaries would get interesting. But you're such a big part of this....whattaya think?

Otherwise, I'm thinking Phoenix and Paula and Ellen, and maybe Olivia, depending on some things that would have to be worked out.

I'm excited and terrified. By everything, not just this.



Date: Fri, 8 Aug 1997 17:54:13 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Re: Reporting in.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R...

MIME-Version: 1.0

ALL  
L  
Well- depending on the time it happens, I could come for the ritual. I do participate in rituals that are a part of the therapy work. You're right I'd have to skip the feast (grin) and all that other stuff. But that would be ok.

so mainly it's a matter of the when, and if it's humanly possible to do it schedule-wise. that part will be daunting. It would have to be a Friday or Saturday or Sunday, and I will be in the Pacific Northwest for exatctly three of those between now and the end of September, not counting tomorrow. This may increase th elikliehood that I'd be there in spirit only (sigh).

And hey, you are in movement here. Stay open to the grief as you can, because improtant not to close it down before it heals. As someone I worked with who was a nurse once wrote, "wounds heal from the bottom up and the inside out." And also said,you can't prematurely close over a wound, no matter how deep; you have to protect the person and help them with their pain while the wound closes, and that we can do and will be doing.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Reporting in.....

Cc:

Bcc:

X-Attachments:

C Thanks for wanting to come to my ritual. You're pretty wonderful. As it turns out, I changed my mind already about having the ritual. To save time, I'll copy here what I wrote to 1 - Mental health... earlier today:

C TO  
LOUISA To be true to me, the ritual would have to be a formal wiccan ritual. An informal gathering such as you suggested would be lovely, but it wouldn't be me. This is a very sacred thing to me, and it needs to happen within the context of my own religion. I realize now that it would be inappropriate to involve anyone else in it unless they also shared my religion. And no one of the "A" team does really. Phoenix comes closest. An audience I don't need. Participants I need. So I've already changed my mind about it. I don't want to do a ritual involving other people right now. I'll probably do one by myself at some point.

I also had second thoughts about the timing of it. When I wrote that this morning, it was sort of in a euphoric gush because I thought the idea was so neat. Upon reflection, I think that even if I were to ask you all to join me in a ritual, it'd be way too soon to do it right now. I need time to reflect and adjust and stuff. And then I might go away somewhere (the long-awaited trip) for the specific purpose of doing the ritual, alone.

I've done some phenomenal ritual alone in the past.

It would be way cool if all of you were wiccans and knew the drill and could help me with this. But you're not and I have to fall back to Plan B, which is doing it alone. And that's not a bad thing. There is, after all, a need for balance. Sometimes things happen with the support of loved ones; sometimes things need to be done solo.

And I'm sad about this, by the way. It would have been really neat to have others involved. It would have been really neat to have you sing for me. Hurts some to give up on that.

L >And hey, you are in movement here. Stay open to the grief as you can,  
>because important not to close it down before it heals. As someone I worked  
>with who was a nurse once wrote, "wounds heal from the bottom up and the  
>inside out." And also said, you can't prematurely close over a wound, no  
>matter how deep; you have to protect the person and help them with their  
>pain while the wound closes, and that we can do and will be doing.

C Yeah, well. I'm starting to feel pretty rough again. Didn't help being alone all morning. And now all afternoon. And 1 - Mental health... is out of pocket. Feeling anxious and scared and depressed again. Wanting to run off again. Same old feelings, but to a much lesser degree. I'm not going anywhere. I'm just not very comfortable.

C Your emails are helping a lot. Thanks.

2 - Name -...

Printed for

2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW ...

1

**Date:** Sat, 9 Aug 1997 09:50:44 -0400

**From:** "Laura S. Brown" <lsbrown@compuserve.com>

**Subject:** Re: Reporting in.....

**To:** 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW ...

**MIME-Version:** 1.0

✓  
So time to call upon the Mother in yourself to soothe and comfort that scared child, remind her that there is enough in the universe and that the enough may not always come precisely at this moment but it is coming, it is, it truly is. That there is enough, and it's ok to hang out a little for it.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Reporting in.....

Cc:

Bcc:

X-Attachments:

L >So time to call upon the Mother in yourself to soothe and comfort that  
>scared child, remind her that there is enough in the universe and that the  
>enough may not always come precisely at this moment but it is coming, it  
>is, it truly is. That there is enough, and it's ok to hang out a little for  
>it.

C I'm trying. I'm really trying. Feeling some better today.

C Just had a very confusing (for me) blow-up with 1 - Mental healt... Guess that was inevitable.  
Same old same old. I can't seem to get it.

C I'm going to keep on feeling better today anyway. If it kills me.

C Bad joke.

2 - Name - W...

Date: Sat, 9 Aug 1997 20:34:19 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Re: Reporting in.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R...

MIME-Version: 1.0

L Feeling better and living to experience it is the idea (grin).

L And knowing that there is enough, and that whatever happens between you and  
1 - Mental health... is helping you to learn to know and love yourself in some very  
important ways.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R... )

Subject: Re: Reporting in.....

Cc:

Bcc:

X-Attachments:

L  
>And knowing that there is enough, and that whatever happens between you and  
1 - Mental health... is helping you to learn to know and love yourself in some very  
>important ways.

ALL  
C  
Well, I think that's undeservedly optimistic. It got worse....first there was the initial unloading on me, in which she described in great detail all the ways in which I am deficient and the ways in which I am having a negative impact on her (I say she was yelling at me; she says she wasn't....let's compromise and say her voice was raised a lot). I think (theory only) that that was provoked by the fact that I got worse yesterday when I didn't see her. She assumes a cause-and-effect relationship there.

Then she called and apologized for all the things she had said and said that she knew her timing was awful.

Then she came over on the way to the fair and we made nice for a minute and she said that she's my Whatever and that that's just the way she is.

Then she stopped back in after the fair and we got into it again and after a few minutes, she stomped out in the middle of our discussion.

Whereupon I went ballistic and tore out of the house in terrible shape, probably scaring Phoenix half to death. I was gone for about 3 hours. Just got back. Am calmer now. But I REALLY don't need this shit right now. Regardless of who's right and who's wrong, I really can't afford this.

I'm fighting tooth and nail to keep this from becoming a major depression because I truly don't believe I'll survive another one. So I'm in basic survival mode. And I have a fucking disease that prevents me from doing half the things I need to be doing in order to pull out of this. So I'm stark raving TERRIFIED. I don't need 1 - Mental health... telling me (I swear to God) to get a life.

I don't know what to do about this. I literally can't afford to be subjected to any more of her tirades. I need her support and nurturing badly, but if she can't give it to me, I can manage without it. What I can't do is endure her tormenting me. It feels like she's slicing me up with little knives.

I'm not in good shape right now and Phoenix is gone. She'll be back in about an hour, I think (7:30-ish). I think I'll just take a shower and lie down for awhile....even if 1 - Mental health... thinks I'm giving in to the depression if I lie down. Can you tell that I'm very angry at her? Subtle finding.

I tried to ask her to stop with the attack mode just for a few days, and that's when she stomped out. I didn't get as far as to actually ask.

You got Ke'vorkian's phone number?

Another bad joke.

And we both know I'm only half joking.

2 - Name -...

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - ... )

Subject: P.S.....

Cc:

Bcc:

X-Attachments:

1 - Mental health... computer is broken and she has no access to email, so she's unreachable that way. She won't have email again until she picks up her other computer on Tuesday.

2 - Name - ...



To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW...

Subject: Ack!

Cc:

Bcc:

X-Attachments:

ALL  
C  
I'm feeling really, really, really bad this morning. Was awake from 1:30 to 6:00 this morning having conversations with 1 - Mental health... in my head.

I know I'll be hearing from her later in the day and I don't know what to do about it. I'm scared.

Today....severe depression, unable to be very verbal with Phoenix, not hungry, aversive to touch, wanting to seal myself up in the bedroom and curl up on the bed. Which I will do, after I try to eat breakfast. I'm trying so hard. I'm so fucking scared.

I know I'm not supposed to say this, but I AM sorry to impose on your weekend. I'm feeling very burdensome.

2 - Name - W...

Date: Sun, 10 Aug 1997 13:44:32 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Re: Reporting in.....

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - R...

MIME-Version: 1.0

ALL  
L  
Well, if you can learn to get angry with her and have a fight that comes out the other end ok, and know that you don't have to be nice and sweet (grin), then that will in fact be one of the healing pieces here. You work so hard to be only good, and then don't say how you're feeling until it's truly awful; (and you and she have some of that in common, I think), and letting that transform is another piece of embracing your humanity.

And I'm sorry that this part is being so damn hard. You don't need it. And notice, you are letting yourself notice you are angry. This is a healthy thing, IMHO (Grin).

Date: Sun, 10 Aug 1997 14:05:39 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Ack!

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

MIME-Version: 1.0

OK- here's what we just talked about.

You need to communicate to 1 - Mental health... that:

1. While you are perfectly willing to hear critical feedback from her, you
2. Want her to be sensitive to timing and your ability to hear it and
3. Yesterday her timing was shitty and
4. You are very pissed at her for having lousy timing and unloading on you when she did and
5. You don't want her to offer to you want she can't and then resent it, and you will do the same, and it feels like the two of you haven't been paying attention to that and so have been hurting yourselves and one another

Please be easy on yourself. Your responsibility to you comes foremost here, and mine to you is foremost here.

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Reporting in again...

Cc:

Bcc:

X-Attachments:

ALC  
It's 6:15. Feeling some better, but not much. Still not getting out of my room. Still unable to read much or even listen to baseball. Just lying in bed.

Midafternoon I wrote a note to 1 - Mental health....the stuff we talked about. Couldn't send it because her email is out, so Phoenix took it over to their house. Left it on the door. No one was home. I asked her to call me, but still haven't heard from her all day.

This morning when we talked....every time I said something about taking a break from her, you said, "Just today or forever?" or something like that. Why did you say that? Is SHE thinking in terms of forever? This is freaking me out the longer I think about it.

This sucks.

Hope you're having a better day, which would be pretty damned easy to do. (wry grin)

2 - Name - Whist...

Date: Mon, 11 Aug 1997 09:37:02 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Reporting in again...

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

MIME-Version: 1.0

ALL  
L  
I asked that in terms of you, period. I think that the two of you could use a cooling-off period just now, and that that would help a great deal. And I'm hoping that after we talked last night you were able to do a little focusing on the question of how you can rebalance yourself in relationship to her. Like, how not to make your well-being dependent on whether you know she is ok; how to use what you already know and have learned here to nourish yourself.

So no, no one is talking about permanent anythings, as far as I know.

Since next week I will be away, do you want me to clue in my backup person about all of this? Or would you prefer to just stay in touch on-line? I'll be checking in at least one a day, but not for sure more than that, while I'm at APA, so I won't be out of touch no matter what, but want to know if you want me to let Peg know what's happening.

To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Reporting in again...

Cc:

Bcc:

X-Attachments:

L >So no, no one is talking about permanent anythings, as far as I know.

C Well, yes she is. She finally called me last night, asked if I wanted to talk, and then spoke to me very angrily for a very long time. She was absolutely furious. First with what happened the day before, then with my letter to her yesterday, which was the last straw. She said that she might not be able to come back from this. Since that thought puts me right around the bend, I'm choosing not to think about it. She said that she for sure will end our relationship if I don't get my shit together NOW. I'm out of chances.

C The girl sure does know how to galvanize a person.

C Odd thing was, after that conversation, I felt better. I AM galvanized. Not just because of the threat of losing her, which I take very seriously (1 - Mental he... doesn't make idle threats) but because I want to get to the bottom of all this old shit and clean house and find out what it feels like to be emotionally healthy. She's right....most of this really is my stuff.

C She said, among other things, that I need to individuate from Phoenix. I have no idea what she means, but maybe you can help me explore this.

C She said that I'm projecting tons of stuff onto her, that I set this up so that she would be the ogre that let me down, that I'm directing tons of anger and hostility at her that belong to events in my past and then that old thing about always pulling on her for something. She says that I have a cycle of creating crises and intensity. All of this has to stop. And she wants me to get a life. (wry grin)

C So I'm on it. I slept last night until 4:45, which isn't all that bad. I feel pretty good today. I'm certainly in full mobilization. I have a game plan. Top of the list is to ask you if I can start having 2-3 sessions/week with you for awhile? Maybe one/week in person and the others by phone, but if a lot of EMDR would help, I'll try my damndest to get there as often as needed. I have no idea if you have time for this or not, and if you don't, that's OK. Just wanted to run it by you. I want to get this done. Real bad.

C Other things in the game plan: I'm going back on the Zone diet totally, starting today; I'm going to start walking every day at North Beach; I'm going to start doing upper body exercises; I'm going to cultivate a friendship with my physical therapist (something that was already in the works); my old friend Steve was wanting to come visit and I'm going to invite him over; I'm going to try to do that ritual on the full moon next Monday, here (not in Vancouver); I'm going to try to resume the practice of my religion in whatever way I can manage; I'm going to spend more time in nature; in the Fall I'm going to take classes in local geology and local weather at the Learning Center. Phew. That's for starters. Whattaya think?

C I'm out of balance. I want to get in balance. Like you said.

L >Since next week I will be away, do you want me to clue in my backup person  
>about all of this? Or would you prefer to just stay in touch on-line?

C Thanks. Don't tell Peg. I'll be all right and if I need you I'll holler in email.

C But I'm going to assume that I won't need to. I'm starting right now to behave as though I'm not depressed. I'm just going to push through it. Gently.

C Thanks for hanging in there with me over the weekend. You were wonderful and I really appreciate it. Helps so much having you in my corner.

C 1 - Mental he... brings out the best and the worst in me. Wonder why that is.

2 - Name - ...

Date: Mon, 11 Aug 1997 15:07:27 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Re: Reporting in again...

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

MIME-Version: 1.0

AL  
L  
I'm impressed with what you are doing with this- which is, finding ways to be powerful and heal and know yourself more fully. Pretty amazing, and already different from any other similar cycle you've been in. NO matter what happens with 1 - Mental he... which I think ultimately will be ok, you will have more of yourself, which is the best thing of all.

I think I can probably work out to do a couple of sessions a week; don't know about three right now, but definitely can do a couple. It'll just have to be some different times each week, I think. This week I'm full up, but when I get back from APA, we can do this; probably do EMDR on Tuesday, then maybe a phone session on Wednesday? Let me know, so I can make sure to reserve times.

I'm not happy that this is being hard for you. I am grateful to the work we've done so far, because I can see you using it, and being able to draw upon it. So the odds look like they're down to 90:10 against major depression this morning.

Take care of you, my dear. Know that you are growing and healing, and that you are doing the hard work of keeping the wounds open long enough to heal fully.



To: "Laura S. Brown" <lsbrown@compuserve.com>

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Re: Reporting in again...

Cc:

Bcc:

X-Attachments:

ALL  
C  
Thanks for the kind words and encouragement. Tuesdays and Wednesdays are fine for me.

Just got back from the physical therapist. Her name is Anne and she's neat and we're going to begin our friendship as soon as I stop getting physical therapy from her (end of this month) because of the proscriptions against social relationships with patients. Turns out we're neighbors too.

Also just go back from a (for me) very long walk on North Beach.

Talked to 1 - Mental he... and she was very nice and is trying to work it out so that we can meet Jean and Henry while they're here, which I thought was kinda touching.

We're coming to Seattle together tomorrow. Wish us luck.

I really am feeling much better. I can still feel the depressed feeling and the pain, but I'm basically acknowledging it and then moving on. And you're right....I do feel more powerful.

Thanks for all you give me...

2 - Name - Wh...

Date: Mon, 11 Aug 1997 17:34:17 -0400

From: "Laura S. Brown" <lsbrown@compuserve.com>

Subject: Re: Reporting in again...

To: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

MIME-Version: 1.0

L  
I think you deserve to be very amazed and impressed with yourself about how you're responding to this piece. I am certainly proud of what you're doing, and honored to continue to be a part of this amazing journey you're on. See you tomorrow, and bring your appointment calendar (grin).

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Guess it'll be the phone again.....

Cc:

Bcc:

X-Attachments:

I haven't recovered much of any all day....still barely ambulatory. So I reckon I'd best not attempt the Seattle trip tomorrow. I'll call at 11:00 again.

2 - Name - Wh...

To: Laura

From: 2 - Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RC...

Subject: Nonurgent....I need an objective third opinion....

Cc:

Bcc:

X-Attachments:

OK, here's what happened this afternoon.... 1 - Mental ... is in very, very bad shape from lack of sleep, exhaustion, financial distress and god knows what else. She asked me to come over and help her with some paperwork. I did and when I got there, she and Paula had decided to go out and get something to eat. She apologized and said I could either go home and she'd call me when she got back or I could stay and wait. I opted to stay and wait, figuring that it would be easier for her if I were there when she got home. She was REAL strung out. So was Paula.

So they got home and we settled in at the dining room table to work on some insurance stuff. We discussed stuff for awhile and then she started writing a letter to somebody about it. The letter became interminable, and after awhile I went and got my book and started to read. At one point, she asked me a question about some of the numbers on one of the documents and it took me a split second to put down my book and find the numbers, and she went ballistic.

She leaped up out of her chair, told me to leave, told me it was insulting to sit there and read my book when I knew that she needed me and I had offered to help her and on and on. I told her to sit down and she went even more ballistic, telling me NOT to tell her what to do. I said that I didn't want to leave, that I wanted to help her, that I wanted to try again. I apologized for reading my book. She left the dining room table, went into the living room with her laptop and wrote even more on the letter. I put my book away, sat down again at the dining room table doing absolutely nothing but waiting, and finally after about 20 minutes, she came back.

She told me that she was tired of putting up with the way that I abused the power that I had in her life. When I said the equivalent of "WHAT?", she went ballistic again. Wouldn't listen to anything I tried to say, kept saying that I never listened to her and never was willing to....oh, Jesus. I can't even remember. And she insisted that I leave. So I did.

I'm quite distressed and hurt, which is certainly nothing new. I'm sure there will be hell to pay for this and I truly don't have a clue as to what I did wrong. I mean, I can see how she might have needed to feel that I was totally focussed on her while she was writing her letter, and that she wouldn't have felt that if I were reading. But this abuse of power stuff lost me. And when I asked her to discuss it with me, that was wrong too.

I knew when I went over there today that she was going to find something to blow up at me about and try to drive me away. I was prepared for it and I tried real hard not to be driven away, because you told me that some part of her needs for me not to be. I came home and wrote a conciliatory email in which I apologized and offered my continued help and support and made no effort to defend myself, accepting her view of what happened. My position is that she REALLY needs me and that I am willing to put up with this sort of thing in order to be present for her. And I can only hope that as she heals, I won't have to put up with so much. I, for better or worse, play a key role in her healing process, and I've made a decision to just take this stuff. Phoenix says that she has serious doubts about any healing process that requires that I be dumped on regularly.

What do you think? Am I being a martyr here or am I still within acceptable bounds for what healers have to take sometimes? I know that you take a lot of abuse

sometimes. What's the deal? AM I abusing the power I have in her life?

Thanks,

2 - Name - Whistleblow...

Redaction Summary ( 933 redactions )

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2 Privilege / Exemption reasons used:

1 -- "Mental health information, Adults - Information and records compiled, obtained, or maintained in the course of providing mental health services to voluntary or involuntary recipients of services at public or private mental health service agencies. RCW 70.02.230 (1), RCW 42.56.070(1)" ( 372 instances )

2 -- "Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW 43.70.075(1), RCW 42.56.070(1)" ( 561 instances )

[illegible]





[illegible]







Page 8











providing mental health services to voluntary or involuntary recipients of services at public or private mental health service agencies. RCW 70.02.230 (1), RCW 42.56.070(1), 1 instance

Page 246, Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW 43.70.075(1), RCW 42.56.070(1), 3 instances

Page 247, Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW 43.70.075(1), RCW 42.56.070(1), 2 instances

Page 248, Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW 43.70.075(1), RCW 42.56.070(1), 3 instances

Page 249, Mental health information, Adults - Information and records compiled, obtained, or maintained in the course of providing mental health services to voluntary or involuntary recipients of services at public or private mental health service agencies. RCW 70.02.230 (1), RCW 42.56.070(1), 1 instance

Page 249, Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW 43.70.075(1), RCW 42.56.070(1), 2 instances

Page 250, Name - Whistleblower Regarding Health Care Provider or Health Care Facility - RCW 43.70.075(1), RCW 42.56.070(1), 2 instances